



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Henselmann, Frank

Club: TuS Eintracht Bielefeld

Number: 92

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:12:24

Speed: 9.12 km/h

Running performance: 6:11 min/km

Rank in course/Total: 170 (of 346)

Rank in course/Men: 148 (of 239)

Best time in course: 51:11

Rank in category: 17(of 30)

Best time in the category: 1:00:22

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	13:38	4:32	14	1:43	135	3:12	3.00	13:38	4:32	14	1:43	135	3:12
Lap 2	1.00	5:32	5:31	15	0:44	136	1:31	4.00	19:10	4:47	14	2:27	134	4:43
Lap 3	1.00	5:39	5:39	14	0:42	132	1:33	5.00	24:49	4:57	14	3:06	131	6:16
Lap 4	1.00	6:41	6:41	17	1:03	147	2:02	6.00	31:30	5:15	15	4:09	134	8:18
Last lap Hermann	2.60	16:39	6:24	16	2:52	153	5:10	8.60	48:09	5:35	17	6:51	148	13:28
vor der Schiene	2.63	20:58	7:58	18	4:31	151	7:16	11.23	1:09:07	6:09	17	11:18	148	20:08
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:17	7:17	16	0:46	161	1:09	11.70	1:12:24	6:11	18	1:12:24	150	1:12:24