



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Lindner, Benjamin

Club: Lauftraining.com / Lauffreunde e.V.

Number: 149

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 56:09

Speed: 11.75 km/h

Running performance: 4:48 min/km

Rank in course/Total: 17 (of 346)

Rank in course/Men: 17 (of 239)

Best time in course: 51:11

Rank in category: 12(of 44)

Best time in the category: 51:11

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	11:05	3:41	13	0:39	15	0:39	3.00	11:05	3:41	13	0:39	15	0:39
Lap 2	1.00	4:19	4:18	9	0:18	9	0:18	4.00	15:24	3:51	10	0:57	11	0:57
Lap 3	1.00	4:29	4:29	11	0:23	12	0:23	5.00	19:53	3:58	9	1:20	9	1:20
Lap 4	1.00	5:12	5:12	14	0:33	20	0:33	6.00	25:05	4:10	11	1:53	12	1:53
Last lap Hermann	2.60	12:51	4:56	13	1:22	18	1:22	8.60	37:56	4:24	13	3:15	18	3:15
vor der Schiene	2.63	15:49	6:00	14	2:07	22	2:07	11.23	53:45	4:47	12	4:46	17	4:46
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:24	5:19	14	0:16	20	0:16	11.70	56:09	4:47	12	4:58	18	56:09