



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Fries, Elmar

Club: TV Geiselhöring

Number: 67

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:12:50

Speed: 9.06 km/h

Running performance: 6:14 min/km

Rank in course/Total: 174 (of 346)

Rank in course/Men: 150 (of 239)

Best time in course: 51:11

Rank in category: 3(of 19)

Best time in the category: 1:10:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.00	15:00	5:00	5	1:14	174	4:34	3.00	15:00	5:00	5	1:14	174	4:34	
Lap 2	1.00	6:04	6:03	5	0:34	174	2:03	4.00	21:04	5:15	5	1:45	174	6:37	
Lap 3	1.00	6:18	6:17	8	0:36	175	2:12	5.00	27:22	5:28	5	2:13	172	8:49	
Lap 4	1.00	6:50	6:49	3	0:14	153	2:11	6.00	34:12	5:42	5	2:23	170	11:00	
Last lap Hermann	2.60	16:27	6:19	3	0:45	149	4:58	8.60	50:39	5:53	5	2:46	163	15:58	
vor der Schiene	2.63	19:21	7:21	1	-	115	5:39	11.23	1:10:00	6:13	4	2:17	153	21:01	
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-	
Brocken	0.45	2:50	6:17	1	-	99	0:42	11.70	1:12:50	6:13	3	1:59	152	1:12:50	