



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Seidel, Frank

Club: SSC Hanau-Rodenbach

Number: 368

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:16:26

Speed: 8.63 km/h

Running performance: 6:32 min/km

Rank in course/Total: 200 (of 346)

Rank in course/Men: 164 (of 239)

Best time in course: 51:11

Rank in category: 12(of 18)

Best time in the category: 1:04:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	14:12	4:44	11	1:33	156	3:46	3.00	14:12	4:44	11	1:33	156	3:46
Lap 2	1.00	5:34	5:33	9	0:29	144	1:33	4.00	19:46	4:56	11	2:00	154	5:19
Lap 3	1.00	5:57	5:57	12	0:39	157	1:51	5.00	25:43	5:08	11	2:37	155	7:10
Lap 4	1.00	6:58	6:58	12	1:09	164	2:19	6.00	32:41	5:26	11	3:34	155	9:29
Last lap Hermann	2.60	17:19	6:39	12	2:40	165	5:50	8.60	50:00	5:48	12	6:12	160	15:19
vor der Schiene	2.63	23:11	8:48	13	5:11	184	9:29	11.23	1:13:11	6:31	12	11:23	164	24:12
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:15	7:13	12	0:26	157	1:07	11.70	1:16:26	6:31	12	11:49	166	1:16:26