



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Harland, Jörn

Club: SSC Hanau-Rodenbach

Number: 311

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 57:02

Speed: 11.57 km/h

Running performance: 4:52 min/km

Rank in course/Total: 20 (of 346)

Rank in course/Men: 20 (of 239)

Best time in course: 51:11

Rank in category: 2(of 24)

Best time in the category: 55:40

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	11:29	3:49	5	0:24	27	1:03	3.00	11:29	3:49	5	0:24	27	1:03
Lap 2	1.00	4:31	4:30	4	0:08	24	0:30	4.00	16:00	4:00	4	0:32	26	1:33
Lap 3	1.00	4:41	4:41	3	0:10	24	0:35	5.00	20:41	4:08	4	0:39	27	2:08
Lap 4	1.00	5:08	5:08	1	-	12	0:29	6.00	25:49	4:18	3	0:36	24	2:37
Last lap Hermann	2.60	13:00	5:00	2	0:22	19	1:31	8.60	38:49	4:30	2	0:58	21	4:08
vor der Schiene	2.63	15:44	5:58	3	0:22	21	2:02	11.23	54:33	4:51	2	1:20	20	5:34
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:29	5:31	4	0:08	36	0:21	11.70	57:02	4:52	2	1:22	21	57:02