



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Müller, Rolf

Club: LAV 07 Bad Harzburg

Number: 343

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:17:58

Speed: 8.47 km/h

Running performance: 6:40 min/km

Rank in course/Total: 209 (of 346)

Rank in course/Men: 170 (of 239)

Best time in course: 51:11

Rank in category: 21(of 23)

Best time in the category: 55:00

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 | 14:47 | 4:55 | 20 | 3:52 | 168 | 4:21 | 3.00 | 14:47 | 4:55 | 20 | 3:52 | 168 | 4:21 |
| Lap 2 | 1.00 | 5:55 | 5:55 | 20 | 1:28 | 167 | 1:54 | 4.00 | 20:42 | 5:10 | 20 | 5:20 | 168 | 6:15 |
| Lap 3 | 1.00 | 6:06 | 6:05 | 19 | 1:33 | 163 | 2:00 | 5.00 | 26:48 | 5:21 | 20 | 6:53 | 165 | 8:15 |
| Lap 4 | 1.00 | 6:55 | 6:55 | 19 | 1:47 | 159 | 2:16 | 6.00 | 33:43 | 5:37 | 20 | 8:40 | 164 | 10:31 |
| Last lap Hermann | 2.60 | 18:00 | 6:55 | 21 | 5:39 | 183 | 6:31 | 8.60 | 51:43 | 6:00 | 20 | 14:19 | 169 | 17:02 |
| vor der Schiene | 2.63 | 22:46 | 8:39 | 21 | 7:36 | 179 | 9:04 | 11.23 | 1:14:29 | 6:37 | 21 | 21:55 | 171 | 25:30 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 3:29 | 7:44 | 21 | 1:04 | 185 | 1:21 | 11.70 | 1:17:58 | 6:39 | 21 | 22:58 | 172 | 1:17:58 |