



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Flade, Matthias

Club: DJK SC Vorra

Number: 61

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 57:19

Speed: 11.51 km/h

Running performance: 4:54 min/km

Rank in course/Total: 21 (of 346)

Rank in course/Men: 21 (of 239)

Best time in course: 51:11

Rank in category: 3(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 | 11:38 | 3:52 | 7 | 0:33 | 34 | 1:12 | 3.00 | 11:38 | 3:52 | 7 | 0:33 | 34 | 1:12 |
| Lap 2 | 1.00 | 4:40 | 4:40 | 6 | 0:17 | 33 | 0:39 | 4.00 | 16:18 | 4:04 | 7 | 0:50 | 33 | 1:51 |
| Lap 3 | 1.00 | 4:46 | 4:46 | 5 | 0:15 | 30 | 0:40 | 5.00 | 21:04 | 4:12 | 6 | 1:02 | 29 | 2:31 |
| Lap 4 | 1.00 | 5:13 | 5:13 | 3 | 0:05 | 21 | 0:34 | 6.00 | 26:17 | 4:22 | 6 | 1:04 | 29 | 3:05 |
| Last lap Hermann | 2.60 | 13:00 | 5:00 | 2 | 0:22 | 19 | 1:31 | 8.60 | 39:17 | 4:34 | 5 | 1:26 | 27 | 4:36 |
| vor der Schiene | 2.63 | 15:35 | 5:55 | 2 | 0:13 | 17 | 1:53 | 11.23 | 54:52 | 4:53 | 3 | 1:39 | 21 | 5:53 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 2:27 | 5:26 | 2 | 0:06 | 31 | 0:19 | 11.70 | 57:19 | 4:53 | 3 | 1:39 | 22 | 57:19 |