



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Sprenzinger, Erhard

Club: SVG Ruhstorf/Rott

Number: 222

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:18:45

Speed: 8.38 km/h

Running performance: 6:44 min/km

Rank in course/Total: 218 (of 346)

Rank in course/Men: 175 (of 239)

Best time in course: 51:11

Rank in category: 2(of 9)

Best time in the category: 1:17:35

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	15:45	5:15	3	0:26	189	5:19	3.00	15:45	5:15	3	0:26	189	5:19
Lap 2	1.00	5:58	5:58	1	-	169	1:57	4.00	21:43	5:25	2	0:10	185	7:16
Lap 3	1.00	6:17	6:16	1	-	170	2:11	5.00	28:00	5:35	1	-	181	9:27
Lap 4	1.00	7:02	7:01	1	-	166	2:23	6.00	35:02	5:50	1	-	178	11:50
Last lap Hermann	2.60	17:41	6:48	2	0:21	173	6:12	8.60	52:43	6:07	2	0:20	176	18:02
vor der Schiene	2.63	22:44	8:38	3	0:51	178	9:02	11.23	1:15:27	6:43	2	1:11	177	26:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:18	7:19	1	-	164	1:10	11.70	1:18:45	6:43	2	1:10	177	1:18:45