



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Wulff, Dirk

Club: SV Sülfeld

Number: 256

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:19:01

Speed: 8.35 km/h

Running performance: 6:45 min/km

Rank in course/Total: 220 (of 346)

Rank in course/Men: 177 (of 239)

Best time in course: 51:11

Rank in category: 3(of 9)

Best time in the category: 1:17:35

Intermediate times

Stage score

Total ranking

Control	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	15:19	5:06	1	-	182	4:53	3.00	15:19	5:06	1	-	182	4:53
Lap 2	1.00	6:14	6:14	3	0:16	185	2:13	4.00	21:33	5:23	1	-	184	7:06
Lap 3	1.00	6:29	6:29	3	0:12	185	2:23	5.00	28:02	5:36	3	0:02	184	9:29
Lap 4	1.00	7:22	7:21	3	0:20	182	2:43	6.00	35:24	5:53	3	0:22	181	12:12
Last lap Hermann	2.60	17:59	6:55	3	0:39	181	6:30	8.60	53:23	6:12	3	1:00	181	18:42
vor der Schiene	2.63	22:14	8:27	2	0:21	171	8:32	11.23	1:15:37	6:44	3	1:21	178	26:38
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:24	7:33	3	0:06	176	1:16	11.70	1:19:01	6:45	3	1:26	179	1:19:01