



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Weber, Alfons

Club: SVG Ruhstorf/Rott

Number: 240

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:19:33

Speed: 8.30 km/h

Running performance: 6:48 min/km

Rank in course/Total: 223 (of 346)

Rank in course/Men: 180 (of 239)

Best time in course: 51:11

Rank in category: 13(of 18)

Best time in the category: 1:04:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	15:44	5:14	14	3:05	188	5:18	3.00	15:44	5:14	14	3:05	188	5:18
Lap 2	1.00	6:23	6:23	14	1:18	194	2:22	4.00	22:07	5:31	14	4:21	188	7:40
Lap 3	1.00	6:29	6:29	14	1:11	185	2:23	5.00	28:36	5:43	14	5:30	189	10:03
Lap 4	1.00	7:29	7:29	13	1:40	187	2:50	6.00	36:05	6:00	14	6:58	190	12:53
Last lap Hermann	2.60	18:00	6:55	13	3:21	183	6:31	8.60	54:05	6:17	13	10:17	187	19:24
vor der Schiene	2.63	22:23	8:30	12	4:23	173	8:41	11.23	1:16:28	6:48	13	14:40	184	27:29
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:05	6:51	9	0:16	137	0:57	11.70	1:19:33	6:47	13	14:56	182	1:19:33