



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Berghof, Christian**

Club: LG Brandenkopf

Number: 318

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:21:32

Speed: 8.09 km/h

Running performance: 6:58 min/km

Rank in course/Total: 237 (of 346)

Rank in course/Men: 187 (of 239)

Best time in course: 51:11

Rank in category: 22(of 24)

Best time in the category: 55:40

### 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	16:01	5:20	22	4:56	195	5:35	3.00	16:01	5:20	22	4:56	195	5:35
Lap 2	1.00	6:21	6:20	22	1:58	192	2:20	4.00	22:22	5:35	22	6:54	194	7:55
Lap 3	1.00	6:39	6:39	22	2:08	192	2:33	5.00	29:01	5:48	22	8:59	194	10:28
Lap 4	1.00	7:41	7:41	21	2:33	192	3:02	6.00	36:42	6:07	22	11:29	193	13:30
Last lap Hermann	2.60	18:22	7:03	22	5:44	188	6:53	8.60	55:04	6:24	22	17:13	194	20:23
vor der Schiene	2.63	22:56	8:43	21	7:34	183	9:14	11.23	1:18:00	6:56	22	24:47	188	29:01
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:32	7:51	23	1:11	187	1:24	11.70	1:21:32	6:58	22	25:52	189	1:21:32