



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen

Number: 154

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:21:55

Speed: 8.06 km/h

Running performance: 7:00 min/km

Rank in course/Total: 238 (of 346)

Rank in course/Men: 188 (of 239)

Best time in course: 51:11

Rank in category: 20(of 27)

Best time in the category: 1:03:14

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	15:58	5:19	20	3:29	192	5:32	3.00	15:58	5:19	20	3:29	192	5:32
Lap 2	1.00	6:17	6:16	18	1:18	186	2:16	4.00	22:15	5:33	20	4:47	191	7:48
Lap 3	1.00	6:22	6:21	16	1:17	177	2:16	5.00	28:37	5:43	19	6:04	190	10:04
Lap 4	1.00	7:37	7:36	22	1:51	191	2:58	6.00	36:14	6:02	21	7:55	192	13:02
Last lap Hermann	2.60	18:33	7:08	21	4:12	190	7:04	8.60	54:47	6:22	21	12:07	191	20:06
vor der Schiene	2.63	23:30	8:56	21	5:28	189	9:48	11.23	1:18:17	6:58	20	17:35	189	29:18
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:38	8:04	21	1:06	197	1:30	11.70	1:21:55	7:00	20	18:41	190	1:21:55