



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rau, Lorenz

Club: LG Fulda

Number: 352

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 57:36

Speed: 11.46 km/h

Running performance: 4:55 min/km

Rank in course/Total: 25 (of 346)

Rank in course/Men: 25 (of 239)

Best time in course: 51:11

Rank in category: 17(of 44)

Best time in the category: 51:11

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	11:29	3:49	19	1:03	27	1:03	3.00	11:29	3:49	19	1:03	27	1:03
Lap 2	1.00	4:35	4:34	19	0:34	28	0:34	4.00	16:04	4:00	19	1:37	27	1:37
Lap 3	1.00	4:35	4:34	14	0:29	19	0:29	5.00	20:39	4:07	19	2:06	26	2:06
Lap 4	1.00	5:15	5:15	15	0:36	23	0:36	6.00	25:54	4:18	18	2:42	26	2:42
Last lap Hermann	2.60	13:19	5:07	16	1:50	25	1:50	8.60	39:13	4:33	17	4:32	24	4:32
vor der Schiene	2.63	16:01	6:05	16	2:19	24	2:19	11.23	55:14	4:55	17	6:15	25	6:15
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:22	5:15	13	0:14	17	0:14	11.70	57:36	4:55	17	6:25	26	57:36