



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Kamrad, Jürgen

Club: LG Rems-Welland

Number: 110

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:23:22

Speed: 7.92 km/h

Running performance: 7:08 min/km

Rank in course/Total: 244 (of 346)

Rank in course/Men: 193 (of 239)

Best time in course: 51:11

Rank in category: 11(of 12)

Best time in the category: 58:06

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	14:43	4:54	11	3:07	164	4:17	3.00	14:43	4:54	11	3:07	164	4:17
Lap 2	1.00	6:03	6:02	11	1:21	172	2:02	4.00	20:46	5:11	11	4:26	169	6:19
Lap 3	1.00	6:42	6:42	11	1:58	195	2:36	5.00	27:28	5:29	11	6:14	176	8:55
Lap 4	1.00	8:11	8:11	12	2:49	202	3:32	6.00	35:39	5:56	11	8:56	186	12:27
Last lap Hermann vor der Schiene	2.60	19:14	7:23	11	6:06	196	7:45	8.60	54:53	6:22	11	14:56	193	20:12
nach der Schiene	2.63	25:02	9:31	12	9:26	204	11:20	11.23	1:19:55	7:06	11	24:22	194	30:56
Brocken	0.45	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
	0.45	3:27	7:40	11	0:56	180	1:19	11.70	1:23:22	7:07	11	25:16	195	1:23:22