



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rickert, Bernhard

Club: LAC Veltins Hochsauerland

Number: 185

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:23:27

Speed: 7.91 km/h

Running performance: 7:08 min/km

Rank in course/Total: 246 (of 346)

Rank in course/Men: 194 (of 239)

Best time in course: 51:11

Rank in category: 11(of 19)

Best time in the category: 1:10:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos	Behind	Total		Pos	Behind	Pos	Behind		
	km	Time					min/km	Cat.					Cat.	Men
Lap 1	3.00	16:41	5:33	12	2:55	209	6:15	3.00	16:41	5:33	12	2:55	209	6:15
Lap 2	1.00	6:43	6:43	12	1:13	207	2:42	4.00	23:24	5:50	11	4:05	205	8:57
Lap 3	1.00	6:55	6:55	11	1:13	201	2:49	5.00	30:19	6:03	11	5:10	204	11:46
Lap 4	1.00	7:57	7:57	12	1:21	196	3:18	6.00	38:16	6:22	12	6:27	203	15:04
Last lap Hermann	2.60	19:01	7:18	11	3:19	194	7:32	8.60	57:17	6:39	11	9:24	199	22:36
vor der Schiene	2.63	22:38	8:36	10	3:17	176	8:56	11.23	1:19:55	7:06	11	12:12	194	30:56
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:32	7:51	10	0:42	187	1:24	11.70	1:23:27	7:07	11	12:36	196	1:23:27