



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Damrat, Nico

Club: LG Rems-Welland

Number: 37

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 57:35

Speed: 11.46 km/h

Running performance: 4:55 min/km

Rank in course/Total: 24 (of 346)

Rank in course/Men: 24 (of 239)

Best time in course: 51:11

Rank in category: 16(of 44)

Best time in the category: 51:11

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	11:01	3:40	10	0:35	11	0:35	3.00	11:01	3:40	10	0:35	11	0:35
Lap 2	1.00	4:25	4:25	13	0:24	16	0:24	4.00	15:26	3:51	12	0:59	13	0:59
Lap 3	1.00	4:39	4:39	17	0:33	23	0:33	5.00	20:05	4:00	14	1:32	17	1:32
Lap 4	1.00	5:28	5:28	20	0:49	40	0:49	6.00	25:33	4:15	14	2:21	20	2:21
Last lap Hermann	2.60	13:27	5:10	18	1:58	29	1:58	8.60	39:00	4:32	16	4:19	23	4:19
vor der Schiene	2.63	16:04	6:06	17	2:22	26	2:22	11.23	55:04	4:54	15	6:05	22	6:05
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:31	5:35	24	0:23	41	0:23	11.70	57:35	4:55	16	6:24	25	57:35