



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Ruthe, Ralf**

Club: TuS Eintracht Bielefeld

Number: 191

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 57:55

Speed: 11.40 km/h

Running performance: 4:57 min/km

Rank in course/Total: 26 (of 346)

Rank in course/Men: 26 (of 239)

Best time in course: 51:11

Rank in category: 5(of 24)

Best time in the category: 55:40

### 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	11:19	3:46	3	0:14	22	0:53	3.00	11:19	3:46	3	0:14	22	0:53
Lap 2	1.00	4:28	4:28	3	0:05	21	0:27	4.00	15:47	3:56	3	0:19	23	1:20
Lap 3	1.00	4:41	4:41	3	0:10	24	0:35	5.00	20:28	4:05	3	0:26	24	1:55
Lap 4	1.00	5:22	5:21	5	0:14	26	0:43	6.00	25:50	4:18	4	0:37	25	2:38
Last lap Hermann	2.60	13:25	5:09	5	0:47	28	1:56	8.60	39:15	4:33	4	1:24	26	4:34
vor der Schiene	2.63	16:08	6:08	4	0:46	28	2:26	11.23	55:23	4:55	5	2:10	26	6:24
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:32	5:37	8	0:11	49	0:24	11.70	57:55	4:57	5	2:15	27	57:55