



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Dommen, Sven-Jörg

Club: Running Team Ortenau

Number: 43

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:26:05

Speed: 7.67 km/h

Running performance: 7:22 min/km

Rank in course/Total: 265 (of 346)

Rank in course/Men: 202 (of 239)

Best time in course: 51:11

Rank in category: 12(of 12)

Best time in the category: 58:06

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	16:39	5:32	12	5:03	207	6:13	3.00	16:39	5:32	12	5:03	207	6:13
Lap 2	1.00	6:38	6:38	12	1:56	201	2:37	4.00	23:17	5:49	12	6:57	204	8:50
Lap 3	1.00	6:48	6:47	12	2:04	199	2:42	5.00	30:05	6:00	12	8:51	202	11:32
Lap 4	1.00	7:57	7:57	11	2:35	196	3:18	6.00	38:02	6:20	12	11:19	201	14:50
Last lap Hermann	2.60	19:33	7:31	12	6:25	200	8:04	8.60	57:35	6:41	12	17:38	200	22:54
vor der Schiene	2.63	24:52	9:27	11	9:16	201	11:10	11.23	1:22:27	7:20	12	26:54	203	33:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:38	8:04	12	1:07	197	1:30	11.70	1:26:05	7:21	12	27:59	204	1:26:05