



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Barnsteiner, Alexander

Club: LLG Landstuhl

Number: 8

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M40 (40-44 Jahre)

Total time: 58:06

Speed: 11.36 km/h

Running performance: 4:58 min/km

Rank in course/Total: 27 (of 346)

Rank in course/Men: 27 (of 239)

Best time in course: 51:11

Rank in category: 1(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	11:55	3:58	3	0:19	49	1:29	3.00	11:55	3:58	3	0:19	49	1:29
Lap 2	1.00	4:44	4:44	2	0:02	43	0:43	4.00	16:39	4:09	3	0:19	47	2:12
Lap 3	1.00	4:48	4:47	2	0:04	32	0:42	5.00	21:27	4:17	3	0:13	44	2:54
Lap 4	1.00	5:22	5:21	1	-	26	0:43	6.00	26:49	4:28	3	0:06	42	3:37
Last lap Hermann	2.60	13:08	5:03	1	-	22	1:39	8.60	39:57	4:38	1	-	31	5:16
vor der Schiene	2.63	15:36	5:55	1	-	19	1:54	11.23	55:33	4:56	1	-	27	6:34
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:33	5:39	3	0:02	52	0:25	11.70	58:06	4:57	1	-	28	58:06