



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Domke, Markus

Club: TSV Lelm

Number: 289

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:27:57

Speed: 7.50 km/h

Running performance: 7:31 min/km

Rank in course/Total: 275 (of 346)

Rank in course/Men: 207 (of 239)

Best time in course: 51:11

Rank in category: 24(of 24)

Best time in the category: 55:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.00	17:14	5:44	24	6:09	213	6:48	3.00	17:14	5:44	24	6:09	213	6:48
Lap 2	1.00	6:43	6:43	24	2:20	207	2:42	4.00	23:57	5:59	24	8:29	213	9:30
Lap 3	1.00	7:04	7:03	24	2:33	206	2:58	5.00	31:01	6:12	24	10:59	214	12:28
Lap 4	1.00	8:14	8:13	24	3:06	205	3:35	6.00	39:15	6:32	24	14:02	214	16:03
Last lap Hermann	2.60	20:35	7:54	24	7:57	215	9:06	8.60	59:50	6:57	24	21:59	214	25:09
vor der Schiene	2.63	24:39	9:22	24	9:17	198	10:57	11.23	1:24:29	7:31	24	31:16	209	35:30
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:28	7:42	22	1:07	183	1:20	11.70	1:27:57	7:31	24	32:17	209	1:27:57