



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Hoffmann, Kai

Club: Turnerbund Hamburg Eilbeck
Number: 98

Course: 11.70 km
Deutsche Berglaufmeisterschaft

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:30:09

Speed: 7.32 km/h
Running performance: 7:43 min/km

Rank in course/Total: 287 (of 346)

Rank in course/Men: 213 (of 239)

Best time in course: 51:11

Rank in category: 17(of 18)

Best time in the category: 1:04:37

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	18:48	6:15	17	6:09	227	8:22	3.00	18:48	6:15	17	6:09	227	8:22
Lap 2	1.00	7:18	7:17	17	2:13	217	3:17	4.00	26:06	6:31	17	8:20	225	11:39
Lap 3	1.00	7:21	7:20	16	2:03	216	3:15	5.00	33:27	6:41	17	10:21	221	14:54
Lap 4	1.00	8:17	8:16	16	2:28	208	3:38	6.00	41:44	6:57	17	12:37	218	18:32
Last lap Hermann	2.60	19:53	7:38	16	5:14	207	8:24	8.60	1:01:37	7:09	16	17:49	215	26:56
vor der Schiene	2.63	24:52	9:27	15	6:52	201	11:10	11.23	1:26:29	7:42	17	24:41	216	37:30
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:40	8:08	16	0:51	201	1:32	11.70	1:30:09	7:42	17	25:32	215	1:30:09