



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Seiffert, Gerold**

Club: SKF Stadtwerke Ulm

Number: 220

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M75 (75 und älter)

Total time: 1:31:12

Speed: 7.24 km/h

Running performance: 7:47 min/km

Rank in course/Total: 294 (of 346)

Rank in course/Men: 217 (of 239)

Best time in course: 51:11

Rank in category: 2(of 7)

Best time in the category: 1:31:01

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	18:28	6:09	2	2:17	223	8:02	3.00	18:28	6:09	2	2:17	223	8:02
Lap 2	1.00	7:18	7:17	2	0:02	217	3:17	4.00	25:46	6:26	2	2:19	223	11:19
Lap 3	1.00	7:28	7:28	2	0:12	218	3:22	5.00	33:14	6:38	2	2:31	219	14:41
Lap 4	1.00	8:33	8:33	2	0:11	215	3:54	6.00	41:47	6:57	2	2:42	219	18:35
Last lap Hermann	2.60	20:53	8:01	2	0:32	217	9:24	8.60	1:02:40	7:17	2	3:14	219	27:59
vor der Schiene	2.63	24:43	9:23	1	-	200	11:01	11.23	1:27:23	7:46	2	0:45	218	38:24
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:49	8:28	1	-	205	1:41	11.70	1:31:12	7:47	2	0:11	219	1:31:12