



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Schelauske, Martin

Club: ASC Düsseldorf

Number: 194

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:31:45

Speed: 7.19 km/h

Running performance: 7:50 min/km

Rank in course/Total: 297 (of 346)

Rank in course/Men: 218 (of 239)

Best time in course: 51:11

Rank in category: 8(of 9)

Best time in the category: 1:17:35

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.00	17:57	5:59	7	2:38	220	7:31	3.00	17:57	5:59	7	2:38	220	7:31
Lap 2	1.00	7:04	7:03	7	1:06	214	3:03	4.00	25:01	6:15	7	3:28	217	10:34
Lap 3	1.00	7:18	7:17	6	1:01	214	3:12	5.00	32:19	6:27	7	4:19	216	13:46
Lap 4	1.00	8:23	8:22	7	1:21	213	3:44	6.00	40:42	6:47	7	5:40	215	17:30
Last lap Hermann	2.60	21:00	8:04	8	3:40	219	9:31	8.60	1:01:42	7:10	7	9:19	216	27:01
vor der Schiene	2.63	26:02	9:53	8	4:09	212	12:20	11.23	1:27:44	7:48	8	13:28	219	38:45
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	4:01	8:55	7	0:43	211	1:53	11.70	1:31:45	7:50	8	14:10	220	1:31:45