



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Jankowski, Christof

Club: Hannover 96

Number: 106

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 58:43

Speed: 11.24 km/h

Running performance: 5:01 min/km

Rank in course/Total: 30 (of 346)

Rank in course/Men: 29 (of 239)

Best time in course: 51:11

Rank in category: 6(of 24)

Best time in the category: 55:40

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	11:38	3:52	7	0:33	34	1:12	3.00	11:38	3:52	7	0:33	34	1:12
Lap 2	1.00	4:41	4:41	7	0:18	34	0:40	4.00	16:19	4:04	8	0:51	34	1:52
Lap 3	1.00	4:49	4:48	7	0:18	34	0:43	5.00	21:08	4:13	8	1:06	32	2:35
Lap 4	1.00	5:14	5:14	4	0:06	22	0:35	6.00	26:22	4:23	7	1:09	30	3:10
Last lap Hermann	2.60	13:27	5:10	6	0:49	29	1:58	8.60	39:49	4:37	6	1:58	29	5:08
vor der Schiene	2.63	16:18	6:11	5	0:56	32	2:36	11.23	56:07	4:59	6	2:54	29	7:08
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:36	5:46	9	0:15	62	0:28	11.70	58:43	5:01	6	3:03	30	58:43