



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Schrader, Dominik**

Club: Laufclub BlueLiner

Number: 207

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 59:03

Speed: 11.18 km/h

Running performance: 5:03 min/km

Rank in course/Total: 31 (of 346)

Rank in course/Men: 30 (of 239)

Best time in course: 51:11

Rank in category: 7(of 24)

Best time in the category: 55:40

### Intermediate times

### Stage score

### Total ranking

| Control          | Split |        | Pos  | Behind | Pos    |      | Total | Total | Total | Pos  | Behind | Pos  | Behind |       |
|------------------|-------|--------|------|--------|--------|------|-------|-------|-------|------|--------|------|--------|-------|
|                  | km    | Time   |      |        | min/km | Cat. |       |       |       |      |        |      |        | Cat.  |
| Lap 1            | 3.00  | 11:30  | 3:50 | 6      | 0:25   | 29   | 1:04  | 3.00  | 11:30 | 3:50 | 6      | 0:25 | 29     | 1:04  |
| Lap 2            | 1.00  | 4:34   | 4:33 | 5      | 0:11   | 26   | 0:33  | 4.00  | 16:04 | 4:00 | 5      | 0:36 | 27     | 1:37  |
| Lap 3            | 1.00  | 4:46   | 4:46 | 5      | 0:15   | 30   | 0:40  | 5.00  | 20:50 | 4:09 | 5      | 0:48 | 28     | 2:17  |
| Lap 4            | 1.00  | 5:24   | 5:24 | 6      | 0:16   | 28   | 0:45  | 6.00  | 26:14 | 4:22 | 5      | 1:01 | 28     | 3:02  |
| Last lap Hermann | 2.60  | 13:40  | 5:15 | 7      | 1:02   | 40   | 2:11  | 8.60  | 39:54 | 4:38 | 7      | 2:03 | 30     | 5:13  |
| vor der Schiene  | 2.63  | 16:39  | 6:19 | 7      | 1:17   | 43   | 2:57  | 11.23 | 56:33 | 5:02 | 7      | 3:20 | 30     | 7:34  |
| nach der Schiene | 0.02  | fehlt! | -    | -      | -      | -    | -     | 11.25 | -     | -    | -      | -    | -      | -     |
| Brocken          | 0.45  | 2:30   | 5:33 | 5      | 0:09   | 38   | 0:22  | 11.70 | 59:03 | 5:02 | 7      | 3:23 | 31     | 59:03 |