



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 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		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
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