



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Berndt, Karsten

Club: LG Deiringsen

Number: 17

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:38:36

Speed: 6.69 km/h

Running performance: 8:26 min/km

Rank in course/Total: 312 (of 346)

Rank in course/Men: 222 (of 239)

Best time in course: 51:11

Rank in category: 28(of 30)

Best time in the category: 1:00:22

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men				
Lap 1	3.00	17:29	5:49	28	5:34	217	7:03	3.00	17:29	5:49	28	5:34	217	7:03
Lap 2	1.00	7:52	7:51	29	3:04	227	3:51	4.00	25:21	6:20	28	8:38	219	10:54
Lap 3	1.00	8:29	8:28	29	3:32	230	4:23	5.00	33:50	6:46	29	12:07	224	15:17
Lap 4	1.00	9:51	9:50	29	4:13	228	5:12	6.00	43:41	7:16	29	16:20	225	20:29
Last lap Hermann	2.60	22:14	8:33	28	8:27	222	10:45	8.60	1:05:55	7:39	28	24:37	224	31:14
vor der Schiene	2.63	28:36	10:52	28	12:09	222	14:54	11.23	1:34:31	8:24	28	36:42	223	45:32
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	4:05	9:04	28	1:34	216	1:57	11.70	1:38:36	8:25	29	1:38:36	224	1:38:36