



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Hanold, Udo

Club: Fünf-Seen-Lauf e.V. Schwerin
Number: 87

Course: 11.70 km
Deutsche Berglaufmeisterschaft

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:38:41

Speed: 6.69 km/h
Running performance: 8:26 min/km

Rank in course/Total: 313 (of 346)

Rank in course/Men: 223 (of 239)

Best time in course: 51:11

Rank in category: 25(of 27)

Best time in the category: 1:03:14

Intermediate times				Stage score				Total ranking						
Control	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	17:15	5:45	25	4:46	214	6:49	3.00	17:15	5:45	25	4:46	214	6:49
Lap 2	1.00	7:28	7:28	25	2:29	221	3:27	4.00	24:43	6:10	25	7:15	216	10:16
Lap 3	1.00	8:03	8:03	25	2:58	224	3:57	5.00	32:46	6:33	25	10:13	217	14:13
Lap 4	1.00	9:16	9:16	25	3:30	220	4:37	6.00	42:02	7:00	25	13:43	220	18:50
Last lap Hermann	2.60	23:09	8:54	25	8:48	226	11:40	8.60	1:05:11	7:34	25	22:31	222	30:30
vor der Schiene	2.63	29:26	11:11	25	11:24	227	15:44	11.23	1:34:37	8:25	25	33:55	224	45:38
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	4:04	9:02	23	1:32	215	1:56	11.70	1:38:41	8:26	25	35:27	225	1:38:41