



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Ebeling, Matthias

Club: Post-SV Holzminden

Number: 50

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:40:25

Speed: 6.57 km/h

Running performance: 8:35 min/km

Rank in course/Total: 318 (of 346)

Rank in course/Men: 224 (of 239)

Best time in course: 51:11

Rank in category: 29(of 30)

Best time in the category: 1:00:22

| 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 | 17:54 | 5:57 | 29 | 5:59 | 219 | 7:28 | 3.00 | 17:54 | 5:57 | 29 | 5:59 | 219 | 7:28 |
| Lap 2 | 1.00 | 7:31 | 7:30 | 28 | 2:43 | 223 | 3:30 | 4.00 | 25:25 | 6:21 | 29 | 8:42 | 220 | 10:58 |
| Lap 3 | 1.00 | 8:00 | 8:00 | 28 | 3:03 | 223 | 3:54 | 5.00 | 33:25 | 6:40 | 28 | 11:42 | 220 | 14:52 |
| Lap 4 | 1.00 | 9:31 | 9:31 | 28 | 3:53 | 224 | 4:52 | 6.00 | 42:56 | 7:09 | 28 | 15:35 | 222 | 19:44 |
| Last lap Hermann | 2.60 | 23:27 | 9:01 | 29 | 9:40 | 227 | 11:58 | 8.60 | 1:06:23 | 7:43 | 29 | 25:05 | 225 | 31:42 |
| vor der Schiene | 2.63 | 29:31 | 11:13 | 29 | 13:04 | 228 | 15:49 | 11.23 | 1:35:54 | 8:32 | 29 | 38:05 | 225 | 46:55 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 4:31 | 10:02 | 29 | 2:00 | 228 | 2:23 | 11.70 | 1:40:25 | 8:34 | 30 | 1:40:25 | 226 | 1:40:25 |