



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 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.	Stage score		Total ranking						
						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 vor der Schiene	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
nach 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
Brocken	0.45	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
	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