



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Golüke, Werner

Club: Post-SV Holzminden

Number: 74

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:43:20

Speed: 6.39 km/h

Running performance: 8:50 min/km

Rank in course/Total: 321 (of 346)

Rank in course/Men: 227 (of 239)

Best time in course: 51:11

Rank in category: 15(of 19)

Best time in the category: 1:10:51

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	19:42	6:33	16	5:56	229	9:16	3.00	19:42	6:33	16	5:56	229	9:16
Lap 2	1.00	7:58	7:58	16	2:28	231	3:57	4.00	27:40	6:55	16	8:21	229	13:13
Lap 3	1.00	8:30	8:30	16	2:48	232	4:24	5.00	36:10	7:13	16	11:01	229	17:37
Lap 4	1.00	9:25	9:24	15	2:49	223	4:46	6.00	45:35	7:35	16	13:46	229	22:23
Last lap Hermann	2.60	23:33	9:03	15	7:51	228	12:04	8.60	1:09:08	8:02	15	21:15	227	34:27
vor der Schiene	2.63	29:31	11:13	17	10:10	228	15:49	11.23	1:38:39	8:47	15	30:56	228	49:40
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	4:41	10:24	17	1:51	229	2:33	11.70	1:43:20	8:49	15	32:29	229	1:43:20