



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Sauerland, Frank-Michael

Club: LAG Wesertal

Number: 192

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:49:57

Speed: 6.00 km/h

Running performance: 9:24 min/km

Rank in course/Total: 335 (of 346)

Rank in course/Men: 234 (of 239)

Best time in course: 51:11

Rank in category: 27(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.	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	18:33	6:11	26	6:04	225	8:07	3.00	18:33	6:11	26	6:04	225	8:07
Lap 2	1.00	7:52	7:51	26	2:53	227	3:51	4.00	26:25	6:36	26	8:57	227	11:58
Lap 3	1.00	8:25	8:24	26	3:20	228	4:19	5.00	34:50	6:58	26	12:17	227	16:17
Lap 4	1.00	10:00	10:00	27	4:14	231	5:21	6.00	44:50	7:28	26	16:31	227	21:38
Last lap Hermann	2.60	26:00	10:00	27	11:39	236	14:31	8.60	1:10:50	8:14	27	28:10	232	36:09
vor der Schiene	2.63	33:46	12:50	27	15:44	236	20:04	11.23	1:44:36	9:18	27	43:54	233	55:37
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	5:21	11:53	27	2:49	234	3:13	11.70	1:49:57	9:23	27	46:43	236	1:49:57