



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Hennseler, Ole

Club: LG Braunschweig

Number: 91

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 59:14

Speed: 11.14 km/h

Running performance: 5:04 min/km

Rank in course/Total: 33 (of 346)

Rank in course/Men: 32 (of 239)

Best time in course: 51:11

Rank in category: 19(of 44)

Best time in the category: 51:11

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.00	11:33	3:51	21	1:07	31	1:07	3.00	11:33	3:51	21	1:07	31	1:07
Lap 2	1.00	4:43	4:43	24	0:42	39	0:42	4.00	16:16	4:03	20	1:49	30	1:49
Lap 3	1.00	4:51	4:50	24	0:45	44	0:45	5.00	21:07	4:13	20	2:34	31	2:34
Lap 4	1.00	5:24	5:24	18	0:45	28	0:45	6.00	26:31	4:25	20	3:19	31	3:19
Last lap Hermann	2.60	13:39	5:15	22	2:10	38	2:10	8.60	40:10	4:40	20	5:29	33	5:29
vor der Schiene	2.63	16:40	6:20	21	2:58	45	2:58	11.23	56:50	5:03	19	7:51	32	7:51
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:24	5:19	14	0:16	20	0:16	11.70	59:14	5:03	19	8:03	33	59:14