



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Marggraf, Ole

Club: LG Braunschweig

Number: 155

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 59:30

Speed: 11.09 km/h

Running performance: 5:05 min/km

Rank in course/Total: 38 (of 346)

Rank in course/Men: 36 (of 239)

Best time in course: 51:11

Rank in category: 21(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	11:53	3:57	25	1:27	44	1:27	3.00	11:53	3:57	25	1:27	44	1:27
Lap 2	1.00	4:41	4:41	23	0:40	34	0:40	4.00	16:34	4:08	26	2:07	42	2:07
Lap 3	1.00	4:43	4:43	18	0:37	26	0:37	5.00	21:17	4:15	24	2:44	40	2:44
Lap 4	1.00	5:26	5:26	19	0:47	32	0:47	6.00	26:43	4:27	21	3:31	33	3:31
Last lap Hermann	2.60	13:29	5:11	20	2:00	32	2:00	8.60	40:12	4:40	22	5:31	35	5:31
vor der Schiene	2.63	16:49	6:23	22	3:07	46	3:07	11.23	57:01	5:04	20	8:02	34	8:02
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:29	5:31	23	0:21	36	0:21	11.70	59:30	5:05	21	8:19	37	59:30