



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Langer, Thomas

Club: LG Allgäu

Number: 331

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:53

Speed: 11.02 km/h

Running performance: 5:07 min/km

Rank in course/Total: 42 (of 346)

Rank in course/Men: 40 (of 239)

Best time in course: 51:11

Rank in category: 3(of 23)

Best time in the category: 55:00

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	11:59	3:59	3	1:04	63	1:33	3.00	11:59	3:59	3	1:04	63	1:33
Lap 2	1.00	4:48	4:47	5	0:21	57	0:47	4.00	16:47	4:11	3	1:25	58	2:20
Lap 3	1.00	4:57	4:57	3	0:24	57	0:51	5.00	21:44	4:20	3	1:49	57	3:11
Lap 4	1.00	5:25	5:25	3	0:17	31	0:46	6.00	27:09	4:31	2	2:06	52	3:57
Last lap Hermann	2.60	13:33	5:12	3	1:12	35	2:04	8.60	40:42	4:43	2	3:18	42	6:01
vor der Schiene	2.63	16:36	6:18	5	1:26	41	2:54	11.23	57:18	5:06	3	4:44	40	8:19
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:35	5:44	5	0:10	57	0:27	11.70	59:53	5:07	3	4:53	41	59:53