



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Mietzsch, Denis**

Club: MTV 1881 Ingolstadt

Number: 338

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:09

Speed: 10.97 km/h

Running performance: 5:08 min/km

Rank in course/Total: 45 (of 346)

Rank in course/Men: 43 (of 239)

Best time in course: 51:11

Rank in category: 4(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	12:03	4:00	4	1:08	64	1:37	3.00	12:03	4:00	4	1:08	64	1:37
Lap 2	1.00	4:45	4:45	2	0:18	47	0:44	4.00	16:48	4:12	4	1:26	60	2:21
Lap 3	1.00	4:57	4:57	3	0:24	57	0:51	5.00	21:45	4:20	4	1:50	58	3:12
Lap 4	1.00	5:35	5:34	5	0:27	51	0:56	6.00	27:20	4:33	5	2:17	56	4:08
Last lap Hermann	2.60	13:39	5:15	4	1:18	38	2:10	8.60	40:59	4:45	4	3:35	50	6:18
vor der Schiene	2.63	16:39	6:19	6	1:29	43	2:57	11.23	57:38	5:07	5	5:04	44	8:39
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:31	5:35	3	0:06	41	0:23	11.70	1:00:09	5:08	4	5:09	44	1:00:09