



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Brandt, Tewes

Club: Delligser SC

Number: 28

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:30

Speed: 10.91 km/h

Running performance: 5:10 min/km

Rank in course/Total: 51 (of 346)

Rank in course/Men: 48 (of 239)

Best time in course: 51:11

Rank in category: 6(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	12:28	4:09	10	1:33	82	2:02	3.00	12:28	4:09	10	1:33	82	2:02	
Lap 2	1.00	4:57	4:57	8	0:30	75	0:56	4.00	17:25	4:21	10	2:03	81	2:58	
Lap 3	1.00	5:00	5:00	7	0:27	66	0:54	5.00	22:25	4:29	9	2:30	76	3:52	
Lap 4	1.00	5:47	5:46	7	0:39	65	1:08	6.00	28:12	4:42	9	3:09	74	5:00	
Last lap Hermann	2.60	13:50	5:19	6	1:29	50	2:21	8.60	42:02	4:53	7	4:38	65	7:21	
vor der Schiene	2.63	16:03	6:06	2	0:53	25	2:21	11.23	58:05	5:10	6	5:31	51	9:06	
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-	
Brocken	0.45	2:25	5:22	1	-	23	0:17	11.70	1:00:30	5:10	6	5:30	49	1:00:30	