



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Nissinen, Jussi

Club: VfL Altenstadt

Number: 376

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

männliche Jugend U20 (16-19 Jahre)

Total time: 1:00:36

Speed: 10.89 km/h

Running performance: 5:11 min/km

Rank in course/Total: 53 (of 346)

Rank in course/Men: 50 (of 239)

Best time in course: 51:11

Rank in category: 7(of 26)

Best time in the category: 54:17

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	11:44	3:54	6	0:43	38	1:18	3.00	11:44	3:54	6	0:43	38	1:18
Lap 2	1.00	4:39	4:39	4	0:18	31	0:38	4.00	16:23	4:05	6	0:56	38	1:56
Lap 3	1.00	4:49	4:48	4	0:21	34	0:43	5.00	21:12	4:14	5	1:16	36	2:39
Lap 4	1.00	5:27	5:27	4	0:29	35	0:48	6.00	26:39	4:26	4	1:34	32	3:27
Last lap Hermann	2.60	13:55	5:21	8	1:26	54	2:26	8.60	40:34	4:43	4	3:00	38	5:53
vor der Schiene	2.63	17:21	6:35	10	3:02	60	3:39	11.23	57:55	5:09	7	6:02	48	8:56
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:41	5:57	12	0:28	74	0:33	11.70	1:00:36	5:10	7	6:19	51	1:00:36