



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Schu, Sammy

Club: LTF Marpingen

Number: 374

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 54:01

Speed: 12.22 km/h

Running performance: 4:37 min/km

Rank in course/Total: 7 (of 346)

Rank in course/Men: 7 (of 239)

Best time in course: 51:11

Rank in category: 7(of 44)

Best time in the category: 51:11

Intermediate times				Stage score				Total ranking						
Control	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	10:55	3:38	9	0:29	9	0:29	3.00	10:55	3:38	9	0:29	9	0:29
Lap 2	1.00	4:26	4:26	14	0:25	17	0:25	4.00	15:21	3:50	9	0:54	9	0:54
Lap 3	1.00	4:33	4:32	13	0:27	17	0:27	5.00	19:54	3:58	10	1:21	10	1:21
Lap 4	1.00	5:09	5:09	11	0:30	15	0:30	6.00	25:03	4:10	9	1:51	9	1:51
Last lap Hermann	2.60	12:18	4:43	7	0:49	7	0:49	8.60	37:21	4:20	9	2:40	9	2:40
vor der Schiene	2.63	14:21	5:27	5	0:39	6	0:39	11.23	51:42	4:36	7	2:43	7	2:43
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:19	5:08	9	0:11	12	0:11	11.70	54:01	4:37	7	2:50	8	54:01