



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rolfes, Volkmar

Club: TuS Eintracht Bielefeld

Number: 186

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:02:24

Speed: 10.58 km/h

Running performance: 5:20 min/km

Rank in course/Total: 71 (of 346)

Rank in course/Men: 67 (of 239)

Best time in course: 51:11

Rank in category: 8(of 23)

Best time in the category: 55:00

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	12:18	4:06	8	1:23	73	1:52	3.00	12:18	4:06	8	1:23	73	1:52
Lap 2	1.00	4:56	4:56	7	0:29	73	0:55	4.00	17:14	4:18	8	1:52	75	2:47
Lap 3	1.00	5:09	5:09	8	0:36	78	1:03	5.00	22:23	4:28	8	2:28	74	3:50
Lap 4	1.00	5:48	5:47	8	0:40	68	1:09	6.00	28:11	4:41	7	3:08	72	4:59
Last lap Hermann	2.60	14:20	5:30	8	1:59	70	2:51	8.60	42:31	4:56	8	5:07	68	7:50
vor der Schiene	2.63	17:11	6:32	8	2:01	55	3:29	11.23	59:42	5:18	8	7:08	67	10:43
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:42	6:00	9	0:17	77	0:34	11.70	1:02:24	5:20	8	7:24	68	1:02:24