



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Ruf, Bernd

Club: LG Rems-Welland

Number: 190

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 1:03:19

Speed: 10.42 km/h

Running performance: 5:25 min/km

Rank in course/Total: 78 (of 346)

Rank in course/Men: 73 (of 239)

Best time in course: 51:11

Rank in category: 34(of 44)

Best time in the category: 51:11

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	12:18	4:06	35	1:52	73	1:52	3.00	12:18	4:06	35	1:52	73	1:52	
Lap 2	1.00	4:54	4:54	35	0:53	70	0:53	4.00	17:12	4:17	35	2:45	73	2:45	
Lap 3	1.00	5:09	5:09	36	1:03	78	1:03	5.00	22:21	4:28	35	3:48	72	3:48	
Lap 4	1.00	5:57	5:57	36	1:18	87	1:18	6.00	28:18	4:43	36	5:06	76	5:06	
Last lap Hermann	2.60	14:33	5:35	35	3:04	77	3:04	8.60	42:51	4:58	35	8:10	75	8:10	
vor der Schiene	2.63	17:57	6:49	32	4:15	74	4:15	11.23	1:00:48	5:24	33	11:49	72	11:49	
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-	
Brocken	0.45	2:31	5:35	24	0:23	41	0:23	11.70	1:03:19	5:24	34	12:08	74	1:03:19	