



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Reinke, Ingbert

Club: SSC Hanau-Rodenbach

Number: 355

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:03:42

Speed: 10.36 km/h

Running performance: 5:26 min/km

Rank in course/Total: 82 (of 346)

Rank in course/Men: 77 (of 239)

Best time in course: 51:11

Rank in category: 10(of 24)

Best time in the category: 55:40

| 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 | 12:57 | 4:18 | 15 | 1:52 | 108 | 2:31 | 3.00 | 12:57 | 4:18 | 15 | 1:52 | 108 | 2:31 |
| Lap 2 | 1.00 | 5:02 | 5:01 | 13 | 0:39 | 88 | 1:01 | 4.00 | 17:59 | 4:29 | 15 | 2:31 | 107 | 3:32 |
| Lap 3 | 1.00 | 5:12 | 5:12 | 10 | 0:41 | 84 | 1:06 | 5.00 | 23:11 | 4:38 | 14 | 3:09 | 104 | 4:38 |
| Lap 4 | 1.00 | 6:04 | 6:03 | 11 | 0:56 | 99 | 1:25 | 6.00 | 29:15 | 4:52 | 13 | 4:02 | 101 | 6:03 |
| Last lap Hermann | 2.60 | 14:28 | 5:33 | 10 | 1:50 | 74 | 2:59 | 8.60 | 43:43 | 5:05 | 12 | 5:52 | 89 | 9:02 |
| vor der Schiene | 2.63 | 17:29 | 6:38 | 8 | 2:07 | 64 | 3:47 | 11.23 | 1:01:12 | 5:26 | 10 | 7:59 | 79 | 12:13 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 2:30 | 5:33 | 5 | 0:09 | 38 | 0:22 | 11.70 | 1:03:42 | 5:26 | 10 | 8:02 | 78 | 1:03:42 |