



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	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	12:57	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