



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Riefer, Markus

Club: SSC Hanau-Rodenbach

Number: 357

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:03:32

Speed: 10.39 km/h

Running performance: 5:26 min/km

Rank in course/Total: 79 (of 346)

Rank in course/Men: 74 (of 239)

Best time in course: 51:11

Rank in category: 4(of 30)

Best time in the category: 1:00:22

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	11:56	3:58	2	0:01	53	1:30	3.00	11:56	3:58	2	0:01	53	1:30
Lap 2	1.00	4:58	4:58	3	0:10	77	0:57	4.00	16:54	4:13	2	0:11	62	2:27
Lap 3	1.00	5:18	5:17	6	0:21	96	1:12	5.00	22:12	4:26	3	0:29	71	3:39
Lap 4	1.00	6:06	6:05	5	0:28	104	1:27	6.00	28:18	4:43	4	0:57	76	5:06
Last lap Hermann	2.60	14:54	5:43	6	1:07	91	3:25	8.60	43:12	5:01	4	1:54	82	8:31
vor der Schiene	2.63	17:49	6:46	5	1:22	71	4:07	11.23	1:01:01	5:26	4	3:12	76	12:02
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:31	5:35	1	-	41	0:23	11.70	1:03:32	5:25	5	1:03:32	75	1:03:32