



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Koch, Dominik**

Club: GutsMuths-Rennsteiglaufverein

Number: 122

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:03:41

Speed: 10.36 km/h

Running performance: 5:26 min/km

Rank in course/Total: 81 (of 346)

Rank in course/Men: 76 (of 239)

Best time in course: 51:11

Rank in category: 10(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	12:13	4:04	7	1:18	72	1:47	3.00	12:13	4:04	7	1:18	72	1:47
Lap 2	1.00	5:00	5:00	10	0:33	82	0:59	4.00	17:13	4:18	7	1:51	74	2:46
Lap 3	1.00	5:09	5:09	8	0:36	78	1:03	5.00	22:22	4:28	7	2:27	73	3:49
Lap 4	1.00	5:49	5:48	9	0:41	70	1:10	6.00	28:11	4:41	7	3:08	72	4:59
Last lap Hermann	2.60	14:40	5:38	11	2:19	84	3:11	8.60	42:51	4:58	9	5:27	75	8:10
vor der Schiene	2.63	18:08	6:53	12	2:58	82	4:26	11.23	1:00:59	5:25	9	8:25	74	12:00
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:42	6:00	9	0:17	77	0:34	11.70	1:03:41	5:26	10	8:41	77	1:03:41