



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Unger, Stefan

Club: SSC Hanau-Rodenbach

Number: 337

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:03:50

Speed: 10.34 km/h

Running performance: 5:28 min/km

Rank in course/Total: 85 (of 346)

Rank in course/Men: 78 (of 239)

Best time in course: 51:11

Rank in category: 11(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.	Stage score		Total ranking							
						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	5:01	5:00	11	0:38	85	1:00	4.00	17:58	4:29	14	2:30	106	3:31	
Lap 3	1.00	5:12	5:12	10	0:41	84	1:06	5.00	23:10	4:38	13	3:08	103	4:37	
Lap 4	1.00	6:04	6:03	11	0:56	99	1:25	6.00	29:14	4:52	12	4:01	99	6:02	
Last lap Hermann	2.60	14:29	5:34	11	1:51	75	3:00	8.60	43:43	5:05	12	5:52	89	9:02	
vor der Schiene	2.63	17:37	6:41	9	2:15	67	3:55	11.23	1:01:20	5:27	12	8:07	82	12:21	
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-	
Brocken	0.45	2:30	5:33	5	0:09	38	0:22	11.70	1:03:50	5:27	11	8:10	79	1:03:50	