



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 | |