



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Arndt, Tiemo

Club: Dresder Sportclub 1899

Number: 268

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:04:51

Speed: 10.18 km/h

Running performance: 5:32 min/km

Rank in course/Total: 95 (of 346)

Rank in course/Men: 87 (of 239)

Best time in course: 51:11

Rank in category: 7(of 12)

Best time in the category: 58:06

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	12:32	4:10	6	0:56	90	2:06	3.00	12:32	4:10	6	0:56	90	2:06
Lap 2	1.00	5:07	5:06	8	0:25	101	1:06	4.00	17:39	4:24	6	1:19	93	3:12
Lap 3	1.00	5:19	5:18	8	0:35	100	1:13	5.00	22:58	4:35	7	1:44	93	4:25
Lap 4	1.00	6:04	6:03	7	0:42	99	1:25	6.00	29:02	4:50	7	2:19	94	5:50
Last lap Hermann	2.60	15:01	5:46	7	1:53	98	3:32	8.60	44:03	5:07	7	4:06	94	9:22
vor der Schiene	2.63	18:17	6:57	7	2:41	86	4:35	11.23	1:02:20	5:33	7	6:47	90	13:21
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:31	5:35	1	-	41	0:23	11.70	1:04:51	5:32	7	6:45	88	1:04:51