



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Lang, Ludwig

Club: SVG Ruhstorf/Rott

Number: 138

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:08:45

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 128 (of 346)

Rank in course/Men: 118 (of 239)

Best time in course: 51:11

Rank in category: 4(of 27)

Best time in the category: 1:03:14

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.00	13:10	4:23	4	0:41	113	2:44	3.00	13:10	4:23	4	0:41	113	2:44
Lap 2	1.00	5:11	5:11	4	0:12	114	1:10	4.00	18:21	4:35	4	0:53	112	3:54
Lap 3	1.00	5:30	5:30	5	0:25	121	1:24	5.00	23:51	4:46	4	1:18	116	5:18
Lap 4	1.00	6:24	6:24	7	0:38	124	1:45	6.00	30:15	5:02	6	1:56	121	7:03
Last lap Hermann	2.60	15:47	6:04	6	1:26	123	4:18	8.60	46:02	5:21	5	3:22	121	11:21
vor der Schiene	2.63	19:45	7:30	6	1:43	122	6:03	11.23	1:05:47	5:51	5	5:05	119	16:48
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:58	6:35	4	0:26	123	0:50	11.70	1:08:45	5:52	4	5:31	119	1:08:45