



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Müller, Rolf

Club: LAV 07 Bad Harzburg

Number: 343

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:17:58

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 209 (of 346)

Rank in course/Men: 170 (of 239)

Best time in course: 51:11

Rank in category: 21(of 23)

Best time in the category: 55:00

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	14:47	4:55	20	3:52	168	4:21	3.00	14:47	4:55	20	3:52	168	4:21
Lap 2	1.00	5:55	5:55	20	1:28	167	1:54	4.00	20:42	5:10	20	5:20	168	6:15
Lap 3	1.00	6:06	6:05	19	1:33	163	2:00	5.00	26:48	5:21	20	6:53	165	8:15
Lap 4	1.00	6:55	6:55	19	1:47	159	2:16	6.00	33:43	5:37	20	8:40	164	10:31
Last lap Hermann	2.60	18:00	6:55	21	5:39	183	6:31	8.60	51:43	6:00	20	14:19	169	17:02
vor der Schiene	2.63	22:46	8:39	21	7:36	179	9:04	11.23	1:14:29	6:37	21	21:55	171	25:30
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:29	7:44	21	1:04	185	1:21	11.70	1:17:58	6:39	21	22:58	172	1:17:58