



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Flade, Matthias

Club: DJK SC Vorra

Number: 61

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 57:19

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 21 (of 346)

Rank in course/Men: 21 (of 239)

Best time in course: 51:11

Rank in category: 3(of 24)

Best time in the category: 55:40

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	11:38	3:52	7	0:33	34	1:12	3.00	11:38	3:52	7	0:33	34	1:12
Lap 2	1.00	4:40	4:40	6	0:17	33	0:39	4.00	16:18	4:04	7	0:50	33	1:51
Lap 3	1.00	4:46	4:46	5	0:15	30	0:40	5.00	21:04	4:12	6	1:02	29	2:31
Lap 4	1.00	5:13	5:13	3	0:05	21	0:34	6.00	26:17	4:22	6	1:04	29	3:05
Last lap Hermann	2.60	13:00	5:00	2	0:22	19	1:31	8.60	39:17	4:34	5	1:26	27	4:36
vor der Schiene	2.63	15:35	5:55	2	0:13	17	1:53	11.23	54:52	4:53	3	1:39	21	5:53
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:27	5:26	2	0:06	31	0:19	11.70	57:19	4:53	3	1:39	22	57:19