



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Gottwald, Dirk

Club: Post-SV Holzminden

Number: 76

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M65 (65-69 Jahre)

Total time: 2:01:15

Speed: 5.79 km/h

Running performance: 10:22 min/km

Rank in course/Total: 340 (of 346)

Rank in course/Men: 236 (of 239)

Best time in course: 51:11

Rank in category: 19(of 19)

Best time in the category: 1:10:51

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	23:18	7:46	19	9:32	238	12:52	3.00	23:18	7:46	19	9:32	238	12:52
Lap 2	1.00	9:29	9:28	18	3:59	237	5:28	4.00	32:47	8:11	19	13:28	238	18:20
Lap 3	1.00	9:42	9:41	19	4:00	235	5:36	5.00	42:29	8:29	19	17:20	238	23:56
Lap 4	1.00	11:15	11:15	19	4:39	235	6:36	6.00	53:44	8:57	19	21:55	238	30:32
Last lap Hermann	2.60	26:57	10:21	19	11:15	237	15:28	8.60	1:20:41	9:22	19	32:48	237	46:00
vor der Schiene	2.63	35:04	13:20	19	15:43	237	21:22	11.23	1:55:45	10:18	19	48:02	237	1:06:46
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	5:30	12:13	19	2:40	235	3:22	11.70	2:01:15	10:21	19	50:24	238	2:01:15