



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Carlsohn, Anja

Club: LG Brandenkopf

Number: 34

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:07:06

Speed: 9.84 km/h

Running performance: 5:44 min/km

Rank in course/Total: 117 (of 346)

Rank in course/Women: 9 (of 107)

Best time in course: 58:28

Rank in category: 2(of 11)

Best time in the category: 1:04:40

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 Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.00	13:07	4:22	2	0:47	9	0:48	3.00	13:07	4:22	2	0:47	9	0:48
Lap 2	1.00	5:11	5:11	1	-	8	0:23	4.00	18:18	4:34	2	0:38	9	1:11
Lap 3	1.00	5:21	5:20	1	-	8	0:32	5.00	23:39	4:43	2	0:29	9	1:43
Lap 4	1.00	6:01	6:00	1	-	7	0:37	6.00	29:40	4:56	1	-	8	2:18
Last lap Hermann	2.60	15:13	5:51	2	0:25	9	2:02	8.60	44:53	5:13	2	0:08	9	4:20
vor der Schiene	2.63	19:08	7:16	2	1:53	11	3:41	11.23	1:04:01	5:42	2	2:01	9	8:01
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:05	6:51	4	0:25	25	0:37	11.70	1:07:06	5:44	2	2:26	10	1:07:06