



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rechel, Alexandra

Club: ASC Darmstadt

Number: 354

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:08:14

Speed: 9.67 km/h

Running performance: 5:50 min/km

Rank in course/Total: 124 (of 346)

Rank in course/Women: 10 (of 107)

Best time in course: 58:28

Rank in category: 1(of 16)

Best time in the category: 1:08:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	13:23	4:27	1	-	11	1:04	3.00	13:23	4:27	1	-	11	1:04
Lap 2	1.00	5:15	5:15	1	-	9	0:27	4.00	18:38	4:39	1	-	10	1:31
Lap 3	1.00	5:31	5:30	1	-	10	0:42	5.00	24:09	4:49	1	-	10	2:13
Lap 4	1.00	6:17	6:16	1	-	9	0:53	6.00	30:26	5:04	1	-	10	3:04
Last lap Hermann	2.60	15:35	5:59	1	-	10	2:24	8.60	46:01	5:21	1	-	10	5:28
vor der Schiene	2.63	19:14	7:18	2	0:22	12	3:47	11.23	1:05:15	5:48	1	-	10	9:15
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:59	6:37	4	0:13	20	0:31	11.70	1:08:14	5:49	1	-	11	1:08:14