



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Lauer, Lea

Club: CLV Siegerland

Number: 142

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Frauen (20-34 Jahre)

Total time: 1:09:01

Speed: 9.56 km/h

Running performance: 5:54 min/km

Rank in course/Total: 134 (of 346)

Rank in course/Women: 12 (of 107)

Best time in course: 58:28

Rank in category: 6(of 18)

Best time in the category: 59:19

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	14:20	4:46	12	2:01	26	2:01	3.00	14:20	4:46	12	2:01	26	2:01
Lap 2	1.00	5:34	5:33	8	0:46	17	0:46	4.00	19:54	4:58	11	2:46	24	2:47
Lap 3	1.00	5:46	5:46	8	0:55	19	0:57	5.00	25:40	5:08	11	3:38	24	3:44
Lap 4	1.00	6:31	6:30	8	1:07	16	1:07	6.00	32:11	5:21	11	4:45	22	4:49
Last lap Hermann	2.60	15:35	5:59	6	2:20	10	2:24	8.60	47:46	5:33	8	7:05	18	7:13
vor der Schiene	2.63	18:23	6:59	6	2:21	9	2:56	11.23	1:06:09	5:53	6	9:26	12	10:09
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:52	6:22	6	0:16	10	0:24	11.70	1:09:01	5:53	7	1:09:01	13	1:09:01