



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Laukner, Lena

Club: Citylaufverein Dresden

Number: 143

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

weibliche Jugend U20 (16-19 Jahre)

Total time: 1:12:39

Speed: 9.08 km/h

Running performance: 6:13 min/km

Rank in course/Total: 172 (of 346)

Rank in course/Women: 24 (of 107)

Best time in course: 58:28

Rank in category: 4(of 19)

Best time in the category: 58:28

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.00	13:43	4:34	3	1:24	17	1:24	3.00	13:43	4:34	3	1:24	17	1:24
Lap 2	1.00	5:37	5:36	4	0:49	20	0:49	4.00	19:20	4:49	3	2:13	17	2:13
Lap 3	1.00	5:54	5:54	5	1:05	23	1:05	5.00	25:14	5:02	4	3:18	19	3:18
Lap 4	1.00	6:57	6:57	5	1:31	32	1:33	6.00	32:11	5:21	5	4:49	22	4:49
Last lap Hermann	2.60	16:28	6:19	3	3:17	22	3:17	8.60	48:39	5:39	4	8:06	22	8:06
vor der Schiene	2.63	20:51	7:55	3	5:24	26	5:24	11.23	1:09:30	6:11	4	13:30	24	13:30
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:09	7:00	7	0:41	29	0:41	11.70	1:12:39	6:12	4	14:11	25	1:12:39