



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Heilig-Duventäster, Marie-Luise

Club: LG Welfen

Number: 90

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:13:01

Speed: 9.04 km/h

Running performance: 6:14 min/km

Rank in course/Total: 177 (of 346)

Rank in course/Women: 25 (of 107)

Best time in course: 58:28

Rank in category: 1(of 11)

Best time in the category: 1:13:01

Intermediate times				Stage score				Total ranking						
Control	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	14:26	4:48	1	-	29	2:07	3.00	14:26	4:48	1	-	29	2:07
Lap 2	1.00	5:45	5:45	1	-	27	0:57	4.00	20:11	5:02	1	-	30	3:04
Lap 3	1.00	5:58	5:58	1	-	28	1:09	5.00	26:09	5:13	1	-	30	4:13
Lap 4	1.00	6:54	6:54	1	-	29	1:30	6.00	33:03	5:30	1	-	29	5:41
Last lap Hermann	2.60	16:34	6:22	1	-	26	3:23	8.60	49:37	5:46	1	-	29	9:04
vor der Schiene	2.63	20:13	7:41	1	-	20	4:46	11.23	1:09:50	6:13	1	-	25	13:50
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:11	7:04	1	-	32	0:43	11.70	1:13:01	6:14	1	-	26	1:13:01