



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rauhut, Tatjana

Club: SSC Hanau-Rodenbach

Number: 353

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Frauen (20-34 Jahre)

Total time: 1:14:07

Speed: 8.90 km/h

Running performance: 6:20 min/km

Rank in course/Total: 186 (of 346)

Rank in course/Women: 29 (of 107)

Best time in course: 58:28

Rank in category: 14(of 18)

Best time in the category: 59:19

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	14:11	4:43	9	1:52	22	1:52	3.00	14:11	4:43	9	1:52	22	1:52
Lap 2	1.00	5:52	5:51	14	1:04	33	1:04	4.00	20:03	5:00	12	2:55	25	2:56
Lap 3	1.00	6:03	6:02	14	1:12	31	1:14	5.00	26:06	5:13	12	4:04	26	4:10
Lap 4	1.00	6:55	6:55	14	1:31	30	1:31	6.00	33:01	5:30	13	5:35	28	5:39
Last lap Hermann	2.60	17:02	6:33	14	3:47	31	3:51	8.60	50:03	5:49	14	9:22	30	9:30
vor der Schiene	2.63	20:59	7:58	13	4:57	28	5:32	11.23	1:11:02	6:19	14	14:19	29	15:02
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:05	6:51	10	0:29	25	0:37	11.70	1:14:07	6:20	15	1:14:07	30	1:14:07