



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Karnofka, Tanja

Club: ASC Rosellen/Neuss

Number: 111

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:15:31

Speed: 8.74 km/h

Running performance: 6:27 min/km

Rank in course/Total: 191 (of 346)

Rank in course/Women: 32 (of 107)

Best time in course: 58:28

Rank in category: 2(of 9)

Best time in the category: 1:03:50

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 | 14:40 | 4:53 | 3 | 1:39 | 37 | 2:21 | 3.00 | 14:40 | 4:53 | 3 | 1:39 | 37 | 2:21 |
| Lap 2 | 1.00 | 5:50 | 5:49 | 3 | 0:43 | 32 | 1:02 | 4.00 | 20:30 | 5:07 | 3 | 2:22 | 37 | 3:23 |
| Lap 3 | 1.00 | 6:14 | 6:14 | 3 | 0:59 | 38 | 1:25 | 5.00 | 26:44 | 5:20 | 3 | 3:21 | 35 | 4:48 |
| Lap 4 | 1.00 | 6:58 | 6:58 | 3 | 1:05 | 33 | 1:34 | 6.00 | 33:42 | 5:37 | 3 | 4:26 | 34 | 6:20 |
| Last lap Hermann | 2.60 | 17:04 | 6:33 | 2 | 2:19 | 32 | 3:53 | 8.60 | 50:46 | 5:54 | 3 | 6:45 | 32 | 10:13 |
| vor der Schiene | 2.63 | 21:28 | 8:09 | 2 | 4:18 | 34 | 6:01 | 11.23 | 1:12:14 | 6:25 | 2 | 11:03 | 31 | 16:14 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 3:17 | 7:17 | 2 | 0:38 | 38 | 0:49 | 11.70 | 1:15:31 | 6:27 | 2 | 11:41 | 33 | 1:15:31 |