



# 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	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