



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Zieba, Luise

Club: MT Melsungen

Number: 260

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:15:39

Speed: 8.72 km/h

Running performance: 6:28 min/km

Rank in course/Total: 192 (of 346)

Rank in course/Women: 33 (of 107)

Best time in course: 58:28

Rank in category: 3(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	13:52	4:37	2	0:51	20	1:33	3.00	13:52	4:37	2	0:51	20	1:33
Lap 2	1.00	5:37	5:36	2	0:30	20	0:49	4.00	19:29	4:52	2	1:21	20	2:22
Lap 3	1.00	5:54	5:54	2	0:39	23	1:05	5.00	25:23	5:04	2	2:00	21	3:27
Lap 4	1.00	6:53	6:53	2	1:00	27	1:29	6.00	32:16	5:22	2	3:00	24	4:54
Last lap Hermann	2.60	17:17	6:38	3	2:32	34	4:06	8.60	49:33	5:45	2	5:32	28	9:00
vor der Schiene	2.63	22:44	8:38	4	5:34	44	7:17	11.23	1:12:17	6:26	3	11:06	32	16:17
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:22	7:28	3	0:43	45	0:54	11.70	1:15:39	6:27	3	11:49	34	1:15:39