



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Fleig, Sabine**

Club: NSV Wernigerode

Number: 293

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:16:22

Speed: 8.64 km/h

Running performance: 6:32 min/km

Rank in course/Total: 199 (of 346)

Rank in course/Women: 36 (of 107)

Best time in course: 58:28

Rank in category: 2(of 11)

Best time in the category: 1:13:01

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                  |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1            | 3.00        | 15:40         | 5:13            | 4           | 1:14           | 49           | 3:21            | 3.00          | 15:40         | 5:13            | 4           | 1:14           | 49           | 3:21            |
| Lap 2            | 1.00        | 6:15          | 6:15            | 3           | 0:30           | 48           | 1:27            | 4.00          | 21:55         | 5:28            | 4           | 1:44           | 49           | 4:48            |
| Lap 3            | 1.00        | 6:20          | 6:19            | 3           | 0:22           | 41           | 1:31            | 5.00          | 28:15         | 5:39            | 3           | 2:06           | 48           | 6:19            |
| Lap 4            | 1.00        | 7:06          | 7:05            | 3           | 0:12           | 37           | 1:42            | 6.00          | 35:21         | 5:53            | 3           | 2:18           | 46           | 7:59            |
| Last lap Hermann | 2.60        | 17:12         | 6:36            | 2           | 0:38           | 33           | 4:01            | 8.60          | 52:33         | 6:06            | 3           | 2:56           | 41           | 12:00           |
| vor der Schiene  | 2.63        | 20:33         | 7:48            | 2           | 0:20           | 23           | 5:06            | 11.23         | 1:13:06       | 6:30            | 2           | 3:16           | 36           | 17:06           |
| nach der Schiene | 0.02        | fehlt!        | -               | -           | -              | -            | -               | 11.25         | -             | -               | -           | -              | -            | -               |
| Brocken          | 0.45        | 3:16          | 7:15            | 2           | 0:05           | 36           | 0:48            | 11.70         | 1:16:22       | 6:31            | 2           | 3:21           | 37           | 1:16:22         |