



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	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	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