



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Flexeder, Sieglinde

Club: SVG Ruhstorf/Rott

Number: 63

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:16:43

Speed: 8.60 km/h

Running performance: 6:34 min/km

Rank in course/Total: 201 (of 346)

Rank in course/Women: 37 (of 107)

Best time in course: 58:28

Rank in category: 3(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	15:13	5:04	2	0:47	43	2:54	3.00	15:13	5:04	2	0:47	43	2:54
Lap 2	1.00	6:11	6:11	2	0:26	47	1:23	4.00	21:24	5:20	2	1:13	45	4:17
Lap 3	1.00	6:13	6:13	2	0:15	37	1:24	5.00	27:37	5:31	2	1:28	44	5:41
Lap 4	1.00	7:03	7:02	2	0:09	36	1:39	6.00	34:40	5:46	2	1:37	42	7:18
Last lap Hermann	2.60	17:21	6:40	3	0:47	36	4:10	8.60	52:01	6:02	2	2:24	39	11:28
vor der Schiene	2.63	21:24	8:08	3	1:11	33	5:57	11.23	1:13:25	6:32	3	3:35	37	17:25
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:18	7:19	3	0:07	41	0:50	11.70	1:16:43	6:33	3	3:42	38	1:16:43