



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Siede, Solveig

Club: NSV Wernigerode

Number: 369

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:18:36

Speed: 8.40 km/h

Running performance: 6:43 min/km

Rank in course/Total: 216 (of 346)

Rank in course/Women: 42 (of 107)

Best time in course: 58:28

Rank in category: 6(of 16)

Best time in the category: 1:08:14

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.00	14:27	4:48	5	1:04	31	2:08	3.00	14:27	4:48	5	1:04	31	2:08
Lap 2	1.00	5:53	5:53	5	0:38	35	1:05	4.00	20:20	5:04	5	1:42	33	3:13
Lap 3	1.00	6:07	6:06	6	0:36	34	1:18	5.00	26:27	5:17	5	2:18	33	4:31
Lap 4	1.00	6:56	6:56	6	0:39	31	1:32	6.00	33:23	5:33	5	2:57	33	6:01
Last lap Hermann	2.60	17:26	6:42	6	1:51	37	4:15	8.60	50:49	5:54	5	4:48	33	10:16
vor der Schiene	2.63	24:18	9:14	9	5:26	56	8:51	11.23	1:15:07	6:41	6	9:52	42	19:07
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:29	7:44	8	0:43	54	1:01	11.70	1:18:36	6:43	6	10:22	43	1:18:36