



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Amerschläger, Nessrin

Club: SSC Hanau-Rodenbach

Number: 266

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

weibliche Jugend U20 (16-19 Jahre)

Total time: 1:19:48

Speed: 8.27 km/h

Running performance: 6:49 min/km

Rank in course/Total: 227 (of 346)

Rank in course/Women: 45 (of 107)

Best time in course: 58:28

Rank in category: 10(of 19)

Best time in the category: 58:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	14:30	4:49	9	2:11	35	2:11	3.00	14:30	4:49	9	2:11	35	2:11
Lap 2	1.00	5:59	5:59	9	1:11	39	1:11	4.00	20:29	5:07	10	3:22	36	3:22
Lap 3	1.00	6:22	6:21	9	1:33	44	1:33	5.00	26:51	5:22	9	4:55	36	4:55
Lap 4	1.00	7:29	7:29	10	2:03	47	2:05	6.00	34:20	5:43	9	6:58	38	6:58
Last lap Hermann	2.60	18:54	7:16	10	5:43	52	5:43	8.60	53:14	6:11	10	12:41	44	12:41
vor der Schiene	2.63	23:39	8:59	10	8:12	54	8:12	11.23	1:16:53	6:50	10	20:53	46	20:53
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:55	6:28	2	0:27	13	0:27	11.70	1:19:48	6:49	10	21:20	46	1:19:48