



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Hock, Stefanie

Club: ASC Darmstadt

Number: 319

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:20:04

Speed: 8.24 km/h

Running performance: 6:50 min/km

Rank in course/Total: 229 (of 346)

Rank in course/Women: 46 (of 107)

Best time in course: 58:28

Rank in category: 8(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	14:48	4:56	6	1:25	40	2:29	3.00	14:48	4:56	6	1:25	40	2:29
Lap 2	1.00	6:04	6:03	7	0:49	41	1:16	4.00	20:52	5:13	6	2:14	40	3:45
Lap 3	1.00	6:20	6:19	7	0:49	41	1:31	5.00	27:12	5:26	6	3:03	40	5:16
Lap 4	1.00	7:25	7:25	8	1:08	45	2:01	6.00	34:37	5:46	6	4:11	41	7:15
Last lap Hermann	2.60	18:15	7:01	8	2:40	44	5:04	8.60	52:52	6:08	7	6:51	43	12:19
vor der Schiene	2.63	23:38	8:59	8	4:46	52	8:11	11.23	1:16:30	6:48	8	11:15	45	20:30
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:34	7:55	10	0:48	61	1:06	11.70	1:20:04	6:50	8	11:50	47	1:20:04