



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Friedrich, Ilka

Club: Laufclub BlueLiner

Number: 66

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:24:21

Speed: 7.82 km/h

Running performance: 7:13 min/km

Rank in course/Total: 252 (of 346)

Rank in course/Women: 57 (of 107)

Best time in course: 58:28

Rank in category: 9(of 16)

Best time in the category: 1:08:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.00	16:33	5:30	11	3:10	66	4:14	3.00	16:33	5:30	11	3:10	66	4:14
Lap 2	1.00	6:50	6:49	11	1:35	69	2:02	4.00	23:23	5:50	11	4:45	65	6:16
Lap 3	1.00	6:50	6:49	11	1:19	62	2:01	5.00	30:13	6:02	11	6:04	64	8:17
Lap 4	1.00	8:07	8:07	11	1:50	67	2:43	6.00	38:20	6:23	11	7:54	64	10:58
Last lap Hermann	2.60	19:17	7:25	10	3:42	58	6:06	8.60	57:37	6:41	11	11:36	62	17:04
vor der Schiene	2.63	23:24	8:53	7	4:32	49	7:57	11.23	1:21:01	7:12	9	15:46	58	25:01
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:20	7:24	7	0:34	43	0:52	11.70	1:24:21	7:12	9	16:07	58	1:24:21