



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Greite, Silke

Club: TSV Lelm

Number: 307

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:24:42

Speed: 7.79 km/h

Running performance: 7:14 min/km

Rank in course/Total: 255 (of 346)

Rank in course/Women: 59 (of 107)

Best time in course: 58:28

Rank in category: 10(of 16)

Best time in the category: 1:08:14

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	16:07	5:22	10	2:44	59	3:48	3.00	16:07	5:22	10	2:44	59	3:48
Lap 2	1.00	6:29	6:29	9	1:14	57	1:41	4.00	22:36	5:39	10	3:58	61	5:29
Lap 3	1.00	6:47	6:46	9	1:16	58	1:58	5.00	29:23	5:52	10	5:14	60	7:27
Lap 4	1.00	7:52	7:51	9	1:35	56	2:28	6.00	37:15	6:12	9	6:49	58	9:53
Last lap Hermann	2.60	18:53	7:15	9	3:18	51	5:42	8.60	56:08	6:31	9	10:07	56	15:35
vor der Schiene	2.63	25:02	9:31	11	6:10	66	9:35	11.23	1:21:10	7:13	11	15:55	60	25:10
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:32	7:51	9	0:46	58	1:04	11.70	1:24:42	7:14	10	16:28	60	1:24:42