



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 01.09.2018

Detailed evaluation

Knäble, Rosi

Club: LG Brandenkopf

Number: 121

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 1:24:51

Speed: 7.78 km/h

Running performance: 7:15 min/km

Rank in course/Total: 257 (of 346)

Rank in course/Women: 61 (of 107)

Best time in course: 58:28

Rank in category: 4(of 10)

Best time in the category: 1:20:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	16:51	5:37	4	1:38	70	4:32	3.00	16:51	5:37	4	1:38	70	4:32
Lap 2	1.00	6:42	6:42	4	0:33	66	1:54	4.00	23:33	5:53	4	2:11	67	6:26
Lap 3	1.00	6:57	6:57	4	0:21	67	2:08	5.00	30:30	6:05	4	2:32	65	8:34
Lap 4	1.00	8:09	8:09	4	0:27	70	2:45	6.00	38:39	6:26	4	2:46	66	11:17
Last lap Hermann	2.60	19:29	7:29	4	1:11	64	6:18	8.60	58:08	6:45	4	3:52	65	17:35
vor der Schiene	2.63	23:17	8:51	4	1:11	47	7:50	11.23	1:21:25	7:14	4	4:27	61	25:25
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:26	7:37	2	0:02	50	0:58	11.70	1:24:51	7:15	4	4:23	62	1:24:51