



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Schoeneberg, Kerstin

Club: LAC Langenhagen

Number: 366

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:25:04

Speed: 7.76 km/h

Running performance: 7:16 min/km

Rank in course/Total: 259 (of 346)

Rank in course/Women: 62 (of 107)

Best time in course: 58:28

Rank in category: 8(of 11)

Best time in the category: 1:04:40

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	16:40	5:33	10	4:20	67	4:21	3.00	16:40	5:33	10	4:20	67	4:21
Lap 2	1.00	6:54	6:54	9	1:43	71	2:06	4.00	23:34	5:53	10	5:54	68	6:27
Lap 3	1.00	6:58	6:58	9	1:37	68	2:09	5.00	30:32	6:06	9	7:22	66	8:36
Lap 4	1.00	8:02	8:01	8	2:01	64	2:38	6.00	38:34	6:25	9	8:54	65	11:12
Last lap Hermann	2.60	19:19	7:25	6	4:31	59	6:08	8.60	57:53	6:43	8	13:08	64	17:20
vor der Schiene	2.63	23:38	8:59	6	6:23	52	8:11	11.23	1:21:31	7:15	8	19:31	62	25:31
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:33	7:53	8	0:53	59	1:05	11.70	1:25:04	7:16	8	20:24	63	1:25:04