



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Doll, Ulrike

Club: Lübecker SC

Number: 288

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:27:06

Speed: 7.58 km/h

Running performance: 7:26 min/km

Rank in course/Total: 269 (of 346)

Rank in course/Women: 65 (of 107)

Best time in course: 58:28

Rank in category: 6(of 11)

Best time in the category: 1:13:01

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	17:16	5:45	7	2:50	76	4:57	3.00	17:16	5:45	7	2:50	76	4:57
Lap 2	1.00	6:41	6:41	6	0:56	65	1:53	4.00	23:57	5:59	7	3:46	75	6:50
Lap 3	1.00	6:56	6:56	6	0:58	66	2:07	5.00	30:53	6:10	7	4:44	73	8:57
Lap 4	1.00	8:00	8:00	6	1:06	63	2:36	6.00	38:53	6:28	6	5:50	68	11:31
Last lap Hermann	2.60	19:34	7:31	6	3:00	66	6:23	8.60	58:27	6:47	6	8:50	69	17:54
vor der Schiene	2.63	24:52	9:27	6	4:39	65	9:25	11.23	1:23:19	7:25	6	13:29	65	27:19
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:47	8:24	5	0:36	68	1:19	11.70	1:27:06	7:26	6	14:05	66	1:27:06