



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Lampe, Sabrina

Club: TSV Lelm

Number: 330

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:28:19

Speed: 7.47 km/h

Running performance: 7:33 min/km

Rank in course/Total: 277 (of 346)

Rank in course/Women: 69 (of 107)

Best time in course: 58:28

Rank in category: 10(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	16:05	5:21	7	3:45	57	3:46	3.00	16:05	5:21	7	3:45	57	3:46
Lap 2	1.00	6:28	6:28	7	1:17	53	1:40	4.00	22:33	5:38	7	4:53	58	5:26
Lap 3	1.00	6:49	6:48	8	1:28	60	2:00	5.00	29:22	5:52	8	6:12	58	7:26
Lap 4	1.00	8:07	8:07	9	2:06	67	2:43	6.00	37:29	6:14	8	7:49	60	10:07
Last lap Hermann	2.60	20:40	7:56	9	5:52	74	7:29	8.60	58:09	6:45	9	13:24	66	17:36
vor der Schiene	2.63	26:05	9:55	10	8:50	77	10:38	11.23	1:24:14	7:30	9	22:14	67	28:14
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	4:05	9:04	10	1:25	83	1:37	11.70	1:28:19	7:32	10	23:39	70	1:28:19