



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Hoefl, Laura

Club: Läufer-Team Oker e.V.

Number: 95

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Frauen (20-34 Jahre)

Total time: 1:29:09

Speed: 7.40 km/h

Running performance: 7:37 min/km

Rank in course/Total: 282 (of 346)

Rank in course/Women: 71 (of 107)

Best time in course: 58:28

Rank in category: 16(of 18)

Best time in the category: 59:19

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.00	16:57	5:38	16	4:38	71	4:38	3.00	16:57	5:38	16	4:38	71	4:38
Lap 2	1.00	6:50	6:49	17	2:02	69	2:02	4.00	23:47	5:56	16	6:39	72	6:40
Lap 3	1.00	7:04	7:03	17	2:13	71	2:15	5.00	30:51	6:10	17	8:49	71	8:55
Lap 4	1.00	8:11	8:11	17	2:47	71	2:47	6.00	39:02	6:30	17	11:36	70	11:40
Last lap Hermann	2.60	19:16	7:24	16	6:01	57	6:05	8.60	58:18	6:46	16	17:37	68	17:45
vor der Schiene	2.63	26:53	10:13	17	10:51	82	11:26	11.23	1:25:11	7:35	16	28:28	71	29:11
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:58	8:48	17	1:22	79	1:30	11.70	1:29:09	7:37	17	1:29:09	72	1:29:09