



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Dorusch, Elke

Club: Post-SV Holzminden

Number: 46

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 1:30:37

Speed: 7.28 km/h

Running performance: 7:45 min/km

Rank in course/Total: 292 (of 346)

Rank in course/Women: 77 (of 107)

Best time in course: 58:28

Rank in category: 6(of 10)

Best time in the category: 1:20:28

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	18:04	6:01	6	2:51	82	5:45	3.00	18:04	6:01	6	2:51	82	5:45
Lap 2	1.00	7:13	7:13	6	1:04	78	2:25	4.00	25:17	6:19	6	3:55	81	8:10
Lap 3	1.00	7:32	7:31	6	0:56	83	2:43	5.00	32:49	6:33	6	4:51	82	10:53
Lap 4	1.00	8:53	8:52	6	1:11	83	3:29	6.00	41:42	6:57	6	5:49	84	14:20
Last lap Hermann	2.60	20:43	7:58	5	2:25	75	7:32	8.60	1:02:25	7:15	6	8:09	80	21:52
vor der Schiene	2.63	24:25	9:17	5	2:19	59	8:58	11.23	1:26:50	7:43	6	9:52	77	30:50
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:47	8:24	6	0:23	68	1:19	11.70	1:30:37	7:44	6	10:09	78	1:30:37