



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Redantz, Anke

Club: Laufclub BlueLiner

Number: 184

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:31:19

Speed: 7.23 km/h

Running performance: 7:48 min/km

Rank in course/Total: 295 (of 346)

Rank in course/Women: 78 (of 107)

Best time in course: 58:28

Rank in category: 12(of 16)

Best time in the category: 1:08:14

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	17:29	5:49	13	4:06	79	5:10	3.00	17:29	5:49	13	4:06	79	5:10
Lap 2	1.00	7:07	7:06	12	1:52	76	2:19	4.00	24:36	6:09	13	5:58	78	7:29
Lap 3	1.00	7:26	7:26	12	1:55	77	2:37	5.00	32:02	6:24	12	7:53	78	10:06
Lap 4	1.00	8:26	8:26	12	2:09	73	3:02	6.00	40:28	6:44	12	10:02	77	13:06
Last lap Hermann	2.60	20:54	8:02	13	5:19	79	7:43	8.60	1:01:22	7:08	12	15:21	76	20:49
vor der Schiene	2.63	26:00	9:53	13	7:08	76	10:33	11.23	1:27:22	7:46	12	22:07	78	31:22
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:57	8:46	12	1:11	77	1:29	11.70	1:31:19	7:48	12	23:05	79	1:31:19