



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Thoens, Nadine

Club: LAV 07 Bad Harzburg

Number: 225

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:32:30

Speed: 7.14 km/h

Running performance: 7:55 min/km

Rank in course/Total: 299 (of 346)

Rank in course/Women: 81 (of 107)

Best time in course: 58:28

Rank in category: 8(of 9)

Best time in the category: 1:03:50

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	18:25	6:08	8	5:24	89	6:06	3.00	18:25	6:08	8	5:24	89	6:06
Lap 2	1.00	7:18	7:17	8	2:11	82	2:30	4.00	25:43	6:25	8	7:35	87	8:36
Lap 3	1.00	7:35	7:34	8	2:20	85	2:46	5.00	33:18	6:39	8	9:55	86	11:22
Lap 4	1.00	8:36	8:35	8	2:43	77	3:12	6.00	41:54	6:59	8	12:38	85	14:32
Last lap Hermann	2.60	21:02	8:05	8	6:17	80	7:51	8.60	1:02:56	7:19	8	18:55	82	22:23
vor der Schiene	2.63	25:53	9:50	6	8:43	72	10:26	11.23	1:28:49	7:54	8	27:38	81	32:49
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:41	8:11	6	1:02	65	1:13	11.70	1:32:30	7:54	8	28:40	82	1:32:30