



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg

Number: 131

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:57:48

Speed: 5.60 km/h

Running performance: 10:04 min/km

Rank in course/Total: 337 (of 346)

Rank in course/Women: 102 (of 107)

Best time in course: 58:28

Rank in category: 15(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	20:37	6:52	15	7:14	101	8:18	3.00	20:37	6:52	15	7:14	101	8:18
Lap 2	1.00	8:39	8:39	16	3:24	101	3:51	4.00	29:16	7:18	16	10:38	102	12:09
Lap 3	1.00	9:09	9:09	15	3:38	100	4:20	5.00	38:25	7:40	15	14:16	101	16:29
Lap 4	1.00	10:42	10:41	16	4:25	100	5:18	6.00	49:07	8:11	16	18:41	101	21:45
Last lap Hermann	2.60	27:00	10:23	15	11:25	103	13:49	8.60	1:16:07	8:51	15	30:06	102	35:34
vor der Schiene	2.63	36:20	13:48	15	17:28	104	20:53	11.23	1:52:27	10:00	15	47:12	102	56:27
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	5:21	11:53	15	2:35	103	2:53	11.70	1:57:48	10:04	15	49:34	103	1:57:48