



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Lochau, Mirja

Club: LAV 07 Bad Harzburg

Number: 164

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:57:51

Speed: 5.60 km/h

Running performance: 10:04 min/km

Rank in course/Total: 338 (of 346)

Rank in course/Women: 103 (of 107)

Best time in course: 58:28

Rank in category: 16(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	20:38	6:52	16	7:15	102	8:19	3.00	20:38	6:52	16	7:15	102	8:19
Lap 2	1.00	8:37	8:37	15	3:22	99	3:49	4.00	29:15	7:18	15	10:37	101	12:08
Lap 3	1.00	9:10	9:09	16	3:39	101	4:21	5.00	38:25	7:40	15	14:16	101	16:29
Lap 4	1.00	10:41	10:41	15	4:24	99	5:17	6.00	49:06	8:11	15	18:40	100	21:44
Last lap Hermann	2.60	27:01	10:23	16	11:26	104	13:50	8.60	1:16:07	8:51	15	30:06	102	35:34
vor der Schiene	2.63	36:21	13:49	16	17:29	105	20:54	11.23	1:52:28	10:00	16	47:13	103	56:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	5:23	11:57	16	2:37	104	2:55	11.70	1:57:51	10:04	16	49:37	104	1:57:51