



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Pohlmann, Gaby**

Club: LC Bad Arolsen

Number: 348

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W75 (75 und älter)

Total time: 2:00:01

Speed: 5.50 km/h

Running performance: 10:16 min/km

Rank in course/Total: 339 (of 346)

Rank in course/Women: 104 (of 107)

Best time in course: 58:28

Rank in category: 2(of 3)

Best time in the category: 1:47:30

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	23:30	7:49	2	3:13	105	11:11	3.00	23:30	7:49	2	3:13	105	11:11
Lap 2	1.00	9:57	9:56	2	1:18	105	5:09	4.00	33:27	8:21	2	4:31	105	16:20
Lap 3	1.00	10:15	10:15	2	1:30	104	5:26	5.00	43:42	8:44	2	6:01	105	21:46
Lap 4	1.00	12:03	12:03	2	1:58	104	6:39	6.00	55:45	9:17	2	7:59	105	28:23
Last lap Hermann	2.60	26:45	10:17	2	2:15	102	13:34	8.60	1:22:30	9:35	2	10:14	104	41:57
vor der Schiene	2.63	32:35	12:23	2	2:03	101	17:08	11.23	1:55:05	10:14	2	12:17	104	59:05
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	4:56	10:57	2	0:14	101	2:28	11.70	2:00:01	10:15	2	12:31	105	2:00:01