



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Pfeuffer, Erika

Club: MTV Jahn Schladen

Number: 178

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W75 (75 und älter)

Total time: 2:07:15

Speed: 5.19 km/h

Running performance: 10:53 min/km

Rank in course/Total: 341 (of 346)

Rank in course/Women: 105 (of 107)

Best time in course: 58:28

Rank in category: 3(of 3)

Best time in the category: 1:47:30

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 | 25:39 | 8:32 | 3 | 5:22 | 106 | 13:20 | 3.00 | 25:39 | 8:32 | 3 | 5:22 | 106 | 13:20 |
| Lap 2 | 1.00 | 10:29 | 10:28 | 3 | 1:50 | 106 | 5:41 | 4.00 | 36:08 | 9:01 | 3 | 7:12 | 106 | 19:01 |
| Lap 3 | 1.00 | 10:18 | 10:18 | 3 | 1:33 | 105 | 5:29 | 5.00 | 46:26 | 9:17 | 3 | 8:45 | 106 | 24:30 |
| Lap 4 | 1.00 | 12:08 | 12:07 | 3 | 2:03 | 105 | 6:44 | 6.00 | 58:34 | 9:45 | 3 | 10:48 | 106 | 31:12 |
| Last lap Hermann | 2.60 | 28:24 | 10:55 | 3 | 3:54 | 105 | 15:13 | 8.60 | 1:26:58 | 10:06 | 3 | 14:42 | 106 | 46:25 |
| vor der Schiene | 2.63 | 34:22 | 13:04 | 3 | 3:50 | 103 | 18:55 | 11.23 | 2:01:20 | 10:48 | 3 | 18:32 | 105 | 1:05:20 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 5:55 | 13:08 | 3 | 1:13 | 105 | 3:27 | 11.70 | 2:07:15 | 10:52 | 3 | 19:45 | 106 | 2:07:15 |