



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Woelke, Illona

Club: LG Salzgitter

Number: 251

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W70 (70-74 Jahre)

Total time: 2:09:20

Speed: 5.10 km/h

Running performance: 11:03 min/km

Rank in course/Total: 342 (of 346)

Rank in course/Women: 106 (of 107)

Best time in course: 58:28

Rank in category: 2(of 2)

Best time in the category: 1:45:34

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	23:29	7:49	2	2:31	104	11:10	3.00	23:29	7:49	2	2:31	104	11:10
Lap 2	1.00	9:51	9:50	2	0:51	104	5:03	4.00	33:20	8:20	2	3:22	104	16:13
Lap 3	1.00	10:18	10:18	2	0:58	105	5:29	5.00	43:38	8:43	2	4:20	104	21:42
Lap 4	1.00	11:57	11:56	2	0:44	103	6:33	6.00	55:35	9:15	2	5:04	104	28:13
Last lap Hermann	2.60	28:44	11:03	2	3:54	106	15:33	8.60	1:24:19	9:48	2	8:58	105	43:46
vor der Schiene	2.63	38:36	14:40	2	12:42	106	23:09	11.23	2:02:55	10:56	2	21:40	106	1:06:55
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	6:25	14:15	2	2:06	106	3:57	11.70	2:09:20	11:03	2	23:46	107	2:09:20