



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Kistner, Sarah

Club: MTV Kronberg Laufen

Number: 11

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Frauen (20-34 Jahre)

Total time: 1:00:21

Speed: 10.94 km/h

Running performance: 5:10 min/km

Rank in course/Total: 49 (of 346)

Rank in course/Women: 3 (of 107)

Best time in course: 58:28

Rank in category: 2(of 18)

Best time in the category: 59:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	12:36	4:12	3	0:17	5	0:17	3.00	12:36	4:12	3	0:17	5	0:17
Lap 2	1.00	4:48	4:47	1	-	1	-	4.00	17:24	4:20	3	0:16	4	0:17
Lap 3	1.00	4:52	4:51	2	0:01	3	0:03	5.00	22:16	4:27	3	0:14	4	0:20
Lap 4	1.00	5:25	5:25	2	0:01	2	0:01	6.00	27:41	4:36	2	0:15	3	0:19
Last lap Hermann	2.60	13:34	5:13	2	0:19	3	0:23	8.60	41:15	4:47	2	0:34	3	0:42
vor der Schiene	2.63	16:27	6:15	2	0:25	3	1:00	11.23	57:42	5:08	2	0:59	3	1:42
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:39	5:53	2	0:03	3	0:11	11.70	1:00:21	5:09	3	1:00:21	4	1:00:21