



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rampf, Colett

Club: VFL Rathenow

Number: 351

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Frauen (20-34 Jahre)

Total time: 1:01:41

Speed: 10.70 km/h

Running performance: 5:16 min/km

Rank in course/Total: 64 (of 346)

Rank in course/Women: 4 (of 107)

Best time in course: 58:28

Rank in category: 3(of 18)

Best time in the category: 59:19

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	12:20	4:06	2	0:01	3	0:01	3.00	12:20	4:06	2	0:01	3	0:01
Lap 2	1.00	4:52	4:51	3	0:04	4	0:04	4.00	17:12	4:17	2	0:04	3	0:05
Lap 3	1.00	4:51	4:50	1	-	2	0:02	5.00	22:03	4:24	2	0:01	3	0:07
Lap 4	1.00	5:38	5:38	3	0:14	4	0:14	6.00	27:41	4:36	2	0:15	3	0:19
Last lap Hermann	2.60	13:54	5:20	3	0:39	4	0:43	8.60	41:35	4:50	3	0:54	4	1:02
vor der Schiene	2.63	17:22	6:36	4	1:20	7	1:55	11.23	58:57	5:14	3	2:14	4	2:57
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:44	6:04	5	0:08	8	0:16	11.70	1:01:41	5:16	4	1:01:41	5	1:01:41