



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Noack, Nadine

Club: NSV Wernigerode

Number: 346

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:03:50

Speed: 10.34 km/h

Running performance: 5:28 min/km

Rank in course/Total: 84 (of 346)

Rank in course/Women: 6 (of 107)

Best time in course: 58:28

Rank in category: 1(of 9)

Best time in the category: 1:03:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.00	13:01	4:20	1	-	7	0:42	3.00	13:01	4:20	1	-	7	0:42
Lap 2	1.00	5:07	5:06	1	-	6	0:19	4.00	18:08	4:31	1	-	7	1:01
Lap 3	1.00	5:15	5:15	1	-	5	0:26	5.00	23:23	4:40	1	-	7	1:27
Lap 4	1.00	5:53	5:53	1	-	6	0:29	6.00	29:16	4:52	1	-	6	1:54
Last lap Hermann	2.60	14:45	5:40	1	-	6	1:34	8.60	44:01	5:07	1	-	7	3:28
vor der Schiene	2.63	17:10	6:31	1	-	5	1:43	11.23	1:01:11	5:26	1	-	6	5:11
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:39	5:53	1	-	3	0:11	11.70	1:03:50	5:27	1	-	7	1:03:50