



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Raatz, Simone

Club: ASC Darmstadt

Number: 350

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:04:40

Speed: 10.21 km/h

Running performance: 5:32 min/km

Rank in course/Total: 91 (of 346)

Rank in course/Women: 7 (of 107)

Best time in course: 58:28

Rank in category: 1(of 11)

Best time in the category: 1:04:40

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	12:20	4:06	1	-	3	0:01	3.00	12:20	4:06	1	-	3	0:01
Lap 2	1.00	5:20	5:19	2	0:09	10	0:32	4.00	17:40	4:25	1	-	5	0:33
Lap 3	1.00	5:30	5:30	2	0:09	9	0:41	5.00	23:10	4:38	1	-	6	1:14
Lap 4	1.00	6:47	6:46	3	0:46	24	1:23	6.00	29:57	4:59	2	0:17	9	2:35
Last lap Hermann	2.60	14:48	5:41	1	-	8	1:37	8.60	44:45	5:12	1	-	8	4:12
vor der Schiene	2.63	17:15	6:33	1	-	6	1:48	11.23	1:02:00	5:31	1	-	7	6:00
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:40	5:55	1	-	5	0:12	11.70	1:04:40	5:31	1	-	8	1:04:40