



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilsenburg / 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 |