



BRL - Hetzdorf
Hetzdorf / 10.05.2015

Detailed evaluation

Grifoni, Milena

Club: OLG Regensburg

Total time: 46:22

Running performance: 10:42 min/km

Course: 4.33 km / 9 Controls

Category:

Damen ab 45

Rank in category: 6(of 14)

Best time in the category: 39:33

Behind: 6:49

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (35)	4:40	6	0:55	24.4	4:40	6	0:55	24.4
2 (43)	6:40	3	0:43	12.0	11:20	2	1:07	10.9
3 (46)	4:14	5	0:43	20.4	15:34	2	1:38	11.7
4 (56)	6:43	5	0:59	17.2	22:17	3	2:19	11.6
5 (82)	7:39	4	0:45	10.9	29:56	4	3:04	11.4
6 (83)	1:44	1	-	-	31:40	4	2:56	10.2
7 (85)	4:14	1	-	-	35:54	2	2:52	8.7
8 (84)	6:19	12	4:15	205.7	42:13	6	6:54	19.5
9 (75)	3:13	1	-	-	45:26	6	6:45	17.5
Finish	0:56	3	0:04	7.7	46:22	6	6:49	17.2