



BRL - Hetzdorf
Hetzdorf / 10.05.2015

Detailed evaluation

Friedrichs, Ulrike

Club: MTV Seesen

Total time: 46:54

Running performance: 14:17 min/km

Course: 3.28 km / 8 Controls

Category:

Damen ab 55

Rank in category: 5(of 9)

Best time in the category: 33:46

Behind: 13:08

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (57)	3:56	3	0:35	17.4	3:56	3	0:35	17.4
2 (54)	6:17	4	2:00	46.7	10:13	4	2:35	33.8
3 (55)	1:31	3	0:20	28.2	11:44	3	2:55	33.1
4 (70)	7:56	9	4:49	154.6	19:40	6	7:42	64.4
5 (65)	5:46	3	0:14	4.2	25:26	4	7:53	44.9
6 (77)	3:02	4	0:35	23.8	28:28	4	8:22	41.6
7 (76)	11:23	5	3:07	37.7	39:51	4	11:29	40.5
8 (75)	5:46	6	1:22	31.1	45:37	5	12:51	39.2
Finish	1:17	7	0:17	28.3	46:54	5	13:08	38.9