



BRL - Hetzdorf
Hetzdorf / 10.05.2015

Detailed evaluation

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Club: IHW Alex Berlin

Total time: 48:23

Running performance: 9:07 min/km

Course: 5.30 km / 9 Controls

Category:

Damen ab 40

Rank in category: 3(of 12)

Best time in the category: 44:50

Behind: 3:33

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (35)	3:58	3	0:38	19.0	3:58	3	0:38	19.0
2 (43)	7:32	4	1:46	30.6	11:30	3	1:40	17.0
3 (56)	8:27	6	1:26	20.4	19:57	3	2:45	16.0
4 (88)	8:35	2	0:50	10.8	28:32	3	1:58	7.4
5 (81)	2:40	2	0:20	14.3	31:12	3	1:52	6.4
6 (90)	1:50	3	0:03	2.8	33:02	3	1:39	5.3
7 (85)	8:23	2	1:04	14.6	41:25	3	2:43	7.0
8 (84)	2:39	7	0:33	26.2	44:04	3	3:16	8.0
9 (75)	3:24	4	0:28	15.9	47:28	3	3:34	8.1
Finish	0:55	3	0:03	5.8	48:23	3	3:33	7.9