



Detailed evaluation

Malkowa, Elena

Club: Post SV Dresden

Total time: 1:20:22

Running performance: 9:04 min/km

Course: 8.85 km / 11 Controls

Category:

D45 (Damen ab 45)

Rank in category: 6(of 9)

Best time in the category: 1:01:39

Behind: 18:43

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (46)	4:27	7	1:23	45.1	4:27	7	1:23	45.1
2 (45)	3:44	7	0:45	25.1	8:11	7	1:58	31.6
3 (48)	8:27	6	1:54	29.0	16:38	6	3:52	30.3
4 (43)	6:44	7	1:29	28.3	23:22	6	5:21	29.7
5 (44)	2:14	7	0:27	25.2	25:36	6	5:37	28.1
6 (35)	19:55	7	4:38	30.3	45:31	6	10:15	29.1
7 (38)	23:37	6	6:03	34.4	1:09:08	6	16:18	30.9
8 (33)	3:29	6	0:41	24.4	1:12:37	6	16:59	30.5
9 (32)	2:26	4	0:30	25.9	1:15:03	6	17:10	29.7
10 (31)	1:38	7	0:33	50.8	1:16:41	6	17:43	30.1
11 (49)	3:12	6	0:54	39.1	1:19:53	6	18:37	30.4
Finish	0:29	6	0:06	26.1	1:20:22	6	18:43	30.4