



## Detailed evaluation

**Buchholz, Tanja**

Club: MTV Bad Harzburg

Total time: 1:13:31

Running performance: 8:18 min/km

Course: 8.85 km / 11 Controls

Category:

D45 (Damen ab 45)

Rank in category: 5(of 9)

Best time in the category: 1:01:39

Behind: 11:52

### Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (46)	3:44	5	0:40	21.7	3:44	5	0:40	21.7
2 (45)	3:35	5	0:36	20.1	7:19	5	1:06	17.7
3 (48)	7:43	4	1:10	17.8	15:02	5	2:16	17.8
4 (43)	5:42	3	0:27	8.6	20:44	5	2:43	15.1
5 (44)	2:00	4	0:13	12.2	22:44	5	2:45	13.8
6 (35)	19:39	6	4:22	28.6	42:23	5	7:07	20.2
7 (38)	21:18	5	3:44	21.3	1:03:41	5	10:51	20.5
8 (33)	3:12	4	0:24	14.3	1:06:53	5	11:15	20.2
9 (32)	2:36	5	0:40	34.5	1:09:29	5	11:36	20.0
10 (31)	1:10	3	0:05	7.7	1:10:39	5	11:41	19.8
11 (49)	2:29	3	0:11	8.0	1:13:08	5	11:52	19.4
Finish	0:23	1	-	-	1:13:31	5	11:52	19.3