



Detailed evaluation

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Club: Volkssport Berlin

Total time: 59:52

Running performance: 10:21 min/km

Course: 5.78 km / 16 Controls

Category:

D45 (Damen ab 45)

Rank in category: 8(of 11)

Best time in the category: 42:49

Behind: 17:03

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	3:38	9	2:25	198.6	3:38	9	2:25	198.6
2 (32)	3:11	8	1:19	70.5	6:49	8	3:28	103.5
3 (34)	8:52	9	2:53	48.2	15:41	8	6:07	63.9
4 (36)	2:08	8	0:49	62.0	17:49	8	6:47	61.5
5 (38)	2:51	8	1:02	56.9	20:40	8	7:49	60.8
6 (41)	1:53	6	0:41	56.9	22:33	8	8:30	60.5
7 (43)	7:28	3	1:04	16.7	30:01	8	9:26	45.8
8 (45)	6:46	9	2:16	50.4	36:47	8	11:42	46.6
9 (47)	6:31	8	1:48	38.2	43:18	8	13:30	45.3
10 (49)	3:14	10	1:26	79.6	46:32	8	14:10	43.8
11 (52)	4:01	9	1:58	95.9	50:33	8	15:55	46.0
12 (53)	1:52	8	0:37	49.3	52:25	8	16:21	45.3
13 (55)	1:00	1	-	-	53:25	8	16:12	43.5
14 (51)	3:30	7	0:58	38.2	56:55	8	16:16	40.0
15 (56)	1:22	6	0:20	32.3	58:17	8	16:36	39.8
16 (57)	0:57	7	0:13	29.6	59:14	8	16:48	39.6
Finish	0:38	9	0:15	65.2	59:52	8	17:03	39.8