



Detailed evaluation

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Club: MTK Bad Harzburg

Total time: 47:50

Running performance: 8:16 min/km

Course: 5.78 km / 16 Controls

Category:

D45 (Damen ab 45)

Rank in category: 4(of 11)

Best time in the category: 42:49

Behind: 5:01

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	1:13	1	-	-	1:13	1	-	-
2 (32)	2:24	5	0:32	28.6	3:37	3	0:16	8.0
3 (34)	6:23	2	0:24	6.7	10:00	3	0:26	4.5
4 (36)	1:58	6	0:39	49.4	11:58	3	0:56	8.5
5 (38)	1:59	2	0:10	9.2	13:57	3	1:06	8.6
6 (41)	2:21	8	1:09	95.8	16:18	4	2:15	16.0
7 (43)	7:38	4	1:14	19.3	23:56	4	3:21	16.3
8 (45)	4:53	3	0:23	8.5	28:49	4	3:44	14.9
9 (47)	6:08	5	1:25	30.0	34:57	5	5:09	17.3
10 (49)	2:00	2	0:12	11.1	36:57	4	4:35	14.2
11 (52)	2:38	5	0:35	28.5	39:35	4	4:57	14.3
12 (53)	1:22	2	0:07	9.3	40:57	4	4:53	13.5
13 (55)	1:15	3	0:15	25.0	42:12	4	4:59	13.4
14 (51)	3:09	3	0:37	24.3	45:21	4	4:42	11.6
15 (56)	1:17	5	0:15	24.2	46:38	4	4:57	11.9
16 (57)	0:48	3	0:04	9.1	47:26	4	5:00	11.8
Finish	0:24	2	0:01	4.4	47:50	4	5:01	11.7