



Detailed evaluation

Kästner, Lisa

Club: TV Oberbexbach

Total time: 45:17

Running performance: - min/km

Category:

Damen -14

Rank in category: 4(of 5)

Best time in the category: 40:12

Behind: 5:05

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	3:39	3	0:15	7.4	3:39	3	0:15	7.4
2 (103)	2:09	4	0:51	65.4	5:48	4	1:06	23.4
3 (104)	5:21	4	4:02	306.3	11:09	4	5:08	85.3
4 (116)	3:27	2	0:40	24.0	14:36	4	4:07	39.3
5 (132)	4:18	1	-	-	18:54	4	3:48	25.2
6 (123)	2:43	2	0:59	56.7	21:37	4	4:31	26.4
7 (131)	3:44	3	0:23	11.4	25:21	4	4:54	24.0
8 (122)	2:56	3	0:44	33.3	28:17	4	5:30	24.1
9 (124)	6:26	3	1:00	18.4	34:43	4	6:30	23.0
10 (113)	3:49	2	0:01	0.4	38:32	4	5:48	17.7
11 (136)	3:10	2	0:25	15.2	41:42	4	4:31	12.2
12 (100)	3:09	3	0:34	21.9	44:51	4	5:00	12.6
Finish	0:26	4	0:05	23.8	45:17	4	5:05	12.7