



Detailed evaluation

Malkowa, Elena

Club: Post SV Dresden

Total time: 41:43

Running performance: 8:40 min/km

Course: 4.81 km / 10 Controls

Category:

D45

Rank in category: 8(of 19)

Best time in the category: 32:51

Behind: 8:52

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	3:07	6	0:35	23.0	3:07	6	0:35	23.0
2 (41)	1:19	5	0:08	11.3	4:26	4	0:43	19.3
3 (32)	6:42	18	4:13	169.8	11:08	15	4:50	76.7
4 (33)	3:51	9	1:12	45.3	14:59	14	6:01	67.1
5 (44)	2:45	7	0:22	15.4	17:44	14	6:23	56.2
6 (46)	7:35	4	0:47	11.5	25:19	12	7:10	39.5
7 (31)	4:15	7	0:50	24.4	29:34	12	7:48	35.8
8 (39)	5:17	5	0:49	18.3	34:51	11	8:37	32.9
9 (48)	3:59	4	0:22	10.1	38:50	9	8:23	27.5
10 (100)	2:20	6	0:30	27.3	41:10	8	8:48	27.2
Finish	0:33	7	0:06	22.2	41:43	8	8:52	27.0