



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

Detailed evaluation

Bräuer, Sabine

Club: USV Jena

Total time: 39:33

Running performance: 11:59 min/km

Course: 3.30 km / 12 Controls

Category:

Damen ab 45

Rank in category: 4(of 9)

Best time in the category: 35:31

Behind: 4:02

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (201)	2:21	4	0:32	29.4	2:21	4	0:32	29.4
2 (38)	3:21	4	3:21	-	5:42	3	5:42	-
3 (42)	3:05	4	0:27	17.1	8:47	3	8:47	-
4 (52)	3:21	4	3:21	-	12:08	3	12:08	-
5 (47)	4:03	3	0:28	13.0	16:11	3	16:11	-
6 (201)	3:57	6	1:27	58.0	20:08	4	2:03	11.3
7 (46)	1:19	1	-	-	21:27	2	0:33	2.6
8 (39)	3:31	4	3:31	-	24:58	2	0:58	4.0
9 (40)	5:35	6	3:44	201.8	30:33	5	3:45	14.0
10 (44)	3:17	1	-	-	33:50	3	3:34	11.8
11 (201)	2:57	2	0:24	15.7	36:47	3	3:29	10.5
12 (100)	2:20	6	0:41	41.4	39:07	4	4:02	11.5
Finish	0:26	3	0:04	18.2	39:33	4	4:02	11.4