



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

## Detailed evaluation

Gorecki, Jana

Club: USV Jena

Total time: 44:13

Running performance: 13:23 min/km

Course: 3.30 km / 12 Controls

Category:

Damen ab 45

Rank in category: 5(of 9)

Best time in the category: 35:31

Behind: 8:42

## Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (201)	2:20	3	0:31	28.4	2:20	3	0:31	28.4
2 (46)	1:24	1	-	-	3:44	2	0:27	13.7
3 (39)	3:38	5	3:38	-	7:22	2	0:20	4.7
4 (40)	3:06	2	0:47	33.8	10:28	2	0:10	1.6
5 (44)	4:14	5	4:14	-	14:42	1	-	-
6 (201)	3:46	5	1:16	50.7	18:28	2	0:23	2.1
7 (38)	4:13	5	4:13	-	22:41	5	22:41	-
8 (42)	2:42	1	-	-	25:23	4	25:23	-
9 (52)	4:01	5	4:01	-	29:24	4	29:24	-
10 (47)	6:35	7	6:35	-	35:59	5	35:59	-
11 (201)	5:45	7	3:12	125.5	41:44	5	8:26	25.3
12 (100)	2:02	3	0:23	23.2	43:46	5	8:41	24.8
Finish	0:27	6	0:05	22.7	44:13	5	8:42	24.5