



Detailed evaluation

Zentgraf, Anke

Club: USV Jena

Total time: 1:02:01

Running performance: 12:09 min/km

Course: 5.10 km / 16 Controls

Category:

D45 (Damen ab 45)

Rank in category: 3(of 6)

Best time in the category: 57:19

Behind: 4:42

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (43)	1:16	4	0:38	100.0	1:16	4	0:38	100.0
2 (55)	4:42	3	0:12	4.4	5:58	3	0:42	13.3
3 (56)	2:33	3	0:32	26.5	8:31	3	1:02	13.8
4 (61)	6:35	4	2:52	77.1	15:06	4	3:25	29.2
5 (50)	2:27	3	0:32	27.8	17:33	4	3:35	25.7
6 (63)	2:46	1	-	-	20:19	3	3:23	20.0
7 (64)	4:42	6	1:37	52.4	25:01	4	4:56	24.6
8 (65)	1:40	2	0:03	3.1	26:41	4	4:59	23.0
9 (79)	6:13	2	0:29	8.4	32:54	4	4:56	17.6
10 (70)	2:49	2	0:06	3.7	35:43	4	5:02	16.4
11 (69)	4:46	1	-	-	40:29	3	3:42	10.1
12 (67)	5:55	3	0:40	12.7	46:24	3	4:10	9.9
13 (68)	1:09	4	0:25	56.8	47:33	3	4:32	10.5
14 (53)	7:07	2	0:26	6.5	54:40	3	4:58	10.0
15 (47)	5:10	1	-	-	59:50	3	4:28	8.1
16 (99)	1:57	2	0:13	12.5	1:01:47	3	4:41	8.2
Finish	0:14	2	0:01	7.7	1:02:01	3	4:42	8.2