



Detailed evaluation

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Club: USV Jena

Total time: 1:27:58

Running performance: 17:14 min/km

Course: 5.10 km / 16 Controls

Category:

D45 (Damen ab 45)

Rank in category: 6(of 6)

Best time in the category: 57:19

Behind: 30:39

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (43)	1:26	5	0:48	126.3	1:26	5	0:48	126.3
2 (55)	6:12	6	1:42	37.8	7:38	6	2:22	44.9
3 (56)	2:54	6	0:53	43.8	10:32	6	3:03	40.8
4 (61)	11:22	6	7:39	205.8	21:54	6	10:13	87.5
5 (50)	5:16	6	3:21	174.8	27:10	6	13:12	94.5
6 (63)	3:39	5	0:53	31.9	30:49	6	13:53	82.0
7 (64)	3:36	4	0:31	16.8	34:25	6	14:20	71.4
8 (65)	2:23	5	0:46	47.4	36:48	6	15:06	69.6
9 (79)	6:54	5	1:10	20.4	43:42	6	15:44	56.3
10 (70)	4:58	6	2:15	82.8	48:40	6	17:59	58.6
11 (69)	11:36	6	6:50	143.4	1:00:16	6	23:29	63.8
12 (67)	7:03	5	1:48	34.3	1:07:19	6	25:05	59.4
13 (68)	1:04	3	0:20	45.5	1:08:23	6	25:22	59.0
14 (53)	10:03	5	3:22	50.4	1:18:26	6	28:44	57.8
15 (47)	7:09	5	1:59	38.4	1:25:35	6	30:13	54.6
16 (99)	2:09	3	0:25	24.0	1:27:44	6	30:38	53.7
Finish	0:14	2	0:01	7.7	1:27:58	6	30:39	53.5