



Detailed evaluation

Rathmann, Constanze

Club: SV Schmalkalden 04

Total time: 59:06

Running performance: 14:24 min/km

Course: 4.10 km / 12 Controls

Category:

D55 (Damen ab 55)

Rank in category: 4(of 9)

Best time in the category: 54:11

Behind: 4:55

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (53)	3:53	1	-	-	3:53	1	-	-
2 (56)	4:33	3	0:18	7.1	8:26	1	-	-
3 (58)	3:48	3	0:12	5.6	12:14	1	-	-
4 (66)	6:36	1	-	-	18:50	1	-	-
5 (70)	3:47	3	0:17	8.1	22:37	1	-	-
6 (79)	5:27	6	2:28	82.7	28:04	3	1:27	5.5
7 (80)	4:02	3	0:12	5.2	32:06	3	1:35	5.2
8 (81)	0:36	1	-	-	32:42	3	1:30	4.8
9 (63)	7:40	6	0:59	14.7	40:22	3	1:49	4.7
10 (51)	9:02	7	3:57	77.7	49:24	5	5:09	11.6
11 (46)	6:51	3	0:43	11.7	56:15	4	4:56	9.6
12 (99)	2:28	2	0:13	9.6	58:43	4	5:01	9.3
Finish	0:23	5	0:08	53.3	59:06	4	4:55	9.1