



LRL Lang Heyda  
Heyda / 07.04.2019

## Detailed evaluation

Lösch, Ute

Club: USV Jena

Total time: 59:36

Running performance: 14:32 min/km

Course: 4.10 km / 12 Controls

Category:

D55 (Damen ab 55)

Rank in category: 5(of 9)

Best time in the category: 54:11

Behind: 5:25

### Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (53)	4:48	4	0:55	23.6	4:48	4	0:55	23.6
2 (56)	6:10	6	1:55	45.1	10:58	6	2:32	30.0
3 (58)	4:18	5	0:42	19.4	15:16	6	3:02	24.8
4 (66)	7:37	6	1:01	15.4	22:53	5	4:03	21.5
5 (70)	3:48	4	0:18	8.6	26:41	5	4:04	18.0
6 (79)	3:45	4	0:46	25.7	30:26	4	3:49	14.3
7 (80)	4:36	6	0:46	20.0	35:02	4	4:31	14.8
8 (81)	0:49	5	0:13	36.1	35:51	4	4:39	14.9
9 (63)	6:50	3	0:09	2.2	42:41	4	4:08	10.7
10 (51)	6:05	4	1:00	19.7	48:46	4	4:31	10.2
11 (46)	7:33	6	1:25	23.1	56:19	5	5:00	9.7
12 (99)	2:59	5	0:44	32.6	59:18	5	5:36	10.4
Finish	0:18	3	0:03	20.0	59:36	5	5:25	10.0