



Detailed evaluation

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Club: OLF Mainz

Total time: 1:09:08

Running performance: 11:45 min/km

Course: 5.88 km / 12 Controls

Category:
Damen 35-

Rank in category: 3(of 3)

Best time in the category: 52:20

Behind: 16:48

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (107)	6:43	3	2:17	51.5	6:43	3	2:17	51.5
2 (113)	1:41	2	0:28	38.4	8:24	3	2:45	48.7
3 (102)	5:53	2	0:47	15.4	14:17	2	3:32	32.9
4 (103)	4:00	2	1:13	43.7	18:17	2	4:45	35.1
5 (104)	3:37	3	1:36	79.3	21:54	2	6:21	40.8
6 (106)	1:23	2	0:13	18.6	23:17	2	6:34	39.3
7 (118)	2:17	2	0:02	1.5	25:34	2	6:36	34.8
8 (126)	14:32	3	3:37	33.1	40:06	3	10:13	34.2
9 (120)	3:32	2	0:19	9.8	43:38	3	10:32	31.8
10 (129)	9:16	2	2:26	35.6	52:54	3	12:58	32.5
11 (132)	9:45	3	2:34	35.7	1:02:39	3	15:32	33.0
12 (100)	5:36	2	1:13	27.8	1:08:15	3	16:45	32.5
Finish	0:53	2	0:03	6.0	1:09:08	3	16:48	32.1