



24. Weinberg-OL
Wörrstadt / 16.06.2019

Detailed evaluation

Kammholz, Almut

Club: Kölner OL-Team

Total time: 51:13

Running performance: 10:15 min/km

Course: 4.99 km / 11 Controls

Category:

Damen 45-

Rank in category: 1(of 8)

Best time in the category: 51:13

Behind: -

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	2:55	2	0:27	18.2	2:55	2	0:27	18.2
2 (103)	4:38	4	0:54	24.1	7:33	3	1:21	21.8
3 (101)	1:48	1	-	-	9:21	3	1:08	13.8
4 (111)	5:03	2	0:03	1.0	14:24	2	1:11	9.0
5 (125)	2:10	2	0:05	4.0	16:34	3	1:00	6.4
6 (128)	6:23	2	0:11	3.0	22:57	2	0:11	0.8
7 (132)	11:58	2	0:22	3.2	34:55	2	0:11	0.5
8 (123)	5:56	1	-	-	40:51	1	-	-
9 (114)	3:30	1	-	-	44:21	1	-	-
10 (118)	4:31	1	-	-	48:52	1	-	-
11 (100)	1:30	1	-	-	50:22	1	-	-
Finish	0:51	2	0:07	15.9	51:13	1	-	-