



24. Weinberg-OL
Wörrstadt / 16.06.2019

Detailed evaluation

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Club: OLF Mainz

Total time: 53:48

Running performance: 10:46 min/km

Course: 4.99 km / 11 Controls

Category:
Damen 45-

Rank in category: 3(of 8)

Best time in the category: 51:13

Behind: 2:35

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	2:28	1	-	-	2:28	1	-	-
2 (103)	3:44	1	-	-	6:12	1	-	-
3 (101)	2:01	3	0:13	12.0	8:13	1	-	-
4 (111)	5:00	1	-	-	13:13	1	-	-
5 (125)	2:21	3	0:16	12.8	15:34	1	-	-
6 (128)	7:12	4	1:00	16.1	22:46	1	-	-
7 (132)	12:34	3	0:58	8.3	35:20	3	0:36	1.7
8 (123)	6:15	2	0:19	5.3	41:35	2	0:44	1.8
9 (114)	3:52	3	0:22	10.5	45:27	2	1:06	2.5
10 (118)	5:53	5	1:22	30.3	51:20	3	2:28	5.1
11 (100)	1:36	2	0:06	6.7	52:56	3	2:34	5.1
Finish	0:52	3	0:08	18.2	53:48	3	2:35	5.0