



Detailed evaluation

Lahm, Katja

Club: CTG Koblenz

Total time: 1:27:15

Running performance: 17:29 min/km

Course: 4.99 km / 11 Controls

Category:

Damen 45-

Rank in category: 6(of 8)

Best time in the category: 51:13

Behind: 36:02

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	8:55	7	6:27	261.5	8:55	7	6:27	261.5
2 (103)	11:05	7	7:21	196.9	20:00	7	13:48	222.6
3 (101)	2:44	7	0:56	51.9	22:44	7	14:31	176.7
4 (111)	7:20	6	2:20	46.7	30:04	6	16:51	127.5
5 (125)	3:41	7	1:36	76.8	33:45	6	18:11	116.8
6 (128)	10:28	6	4:16	68.8	44:13	6	21:27	94.2
7 (132)	19:12	7	7:36	65.5	1:03:25	6	28:41	82.6
8 (123)	7:38	5	1:42	28.7	1:11:03	6	30:12	73.9
9 (114)	5:15	7	1:45	50.0	1:16:18	6	31:57	72.0
10 (118)	6:31	6	2:00	44.3	1:22:49	6	33:57	69.5
11 (100)	3:09	8	1:39	110.0	1:25:58	6	35:36	70.7
Finish	1:17	7	0:33	75.0	1:27:15	6	36:02	70.4