



24. Weinberg-OL
Wörrstadt / 16.06.2019

Detailed evaluation

Könekamp, Friderike

Club: SC Königstein

Total time: 1:38:18

Running performance: 19:41 min/km

Course: 4.99 km / 11 Controls

Category:

Damen 45-

Rank in category: 7(of 8)

Best time in the category: 51:13

Behind: 47:05

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	10:09	8	7:41	311.5	10:09	8	7:41	311.5
2 (103)	17:04	8	13:20	357.1	27:13	8	21:01	339.0
3 (101)	2:01	3	0:13	12.0	29:14	8	21:01	255.8
4 (111)	8:47	7	3:47	75.7	38:01	8	24:48	187.6
5 (125)	3:01	6	0:56	44.8	41:02	8	25:28	163.6
6 (128)	15:44	8	9:32	153.8	56:46	8	34:00	149.3
7 (132)	15:18	5	3:42	31.9	1:12:04	8	37:20	107.5
8 (123)	7:31	3	1:35	26.7	1:19:35	7	38:44	94.8
9 (114)	5:06	6	1:36	45.7	1:24:41	7	40:20	90.9
10 (118)	9:47	8	5:16	116.6	1:34:28	7	45:36	93.3
11 (100)	2:42	6	1:12	80.0	1:37:10	7	46:48	92.9
Finish	1:08	5	0:24	54.6	1:38:18	7	47:05	91.9