



7. Bad Königer OL  
Bad König / 03.10.2017

Detailed evaluation

Röhl, Stefan

Club: OLF Mainz

Total time: 44:13

Running performance: 8:24 min/km

Course: 5.26 km / 26 Controls

Category:

H45 (Herren ab 45)

Rank in category: 2(of 5)

Best time in the category: 39:27

Behind: 4:46

Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (47)   | 2:03       | 3        | 0:26        | 26.8     | 2:03       | 3        | 0:26        | 26.8     |
| 2 (39)   | 0:54       | 2        | 0:05        | 10.2     | 2:57       | 2        | 0:19        | 12.0     |
| 3 (62)   | 0:35       | 4        | 0:07        | 25.0     | 3:32       | 2        | 0:26        | 14.0     |
| 4 (40)   | 1:37       | 2        | 0:05        | 5.4      | 5:09       | 2        | 0:31        | 11.2     |
| 5 (54)   | 1:41       | 3        | 0:07        | 7.5      | 6:50       | 2        | 0:38        | 10.2     |
| 6 (55)   | 3:15       | 4        | 0:31        | 18.9     | 10:05      | 2        | 1:09        | 12.9     |
| 7 (69)   | 2:47       | 3        | 0:20        | 13.6     | 12:52      | 2        | 1:29        | 13.0     |
| 8 (45)   | 0:56       | 4        | 0:16        | 40.0     | 13:48      | 2        | 1:37        | 13.3     |
| 9 (44)   | 2:48       | 3        | 0:19        | 12.8     | 16:36      | 2        | 1:56        | 13.2     |
| 10 (43)  | 2:19       | 3        | 0:10        | 7.8      | 18:55      | 2        | 2:06        | 12.5     |
| 11 (71)  | 0:31       | 4        | 0:08        | 34.8     | 19:26      | 2        | 2:07        | 12.2     |
| 12 (41)  | 1:45       | 2        | 0:10        | 10.5     | 21:11      | 2        | 2:17        | 12.1     |
| 13 (31)  | 1:00       | 1        | -           | -        | 22:11      | 2        | 2:17        | 11.5     |
| 14 (32)  | 1:46       | 4        | 0:34        | 47.2     | 23:57      | 2        | 2:51        | 13.5     |
| 15 (36)  | 0:45       | 1        | -           | -        | 24:42      | 2        | 2:49        | 12.9     |
| 16 (46)  | 1:53       | 3        | 0:31        | 37.8     | 26:35      | 2        | 3:20        | 14.3     |
| 17 (33)  | 1:33       | 2        | 0:04        | 4.5      | 28:08      | 2        | 3:24        | 13.8     |
| 18 (64)  | 0:17       | 1        | -           | -        | 28:25      | 2        | 3:23        | 13.5     |
| 19 (72)  | 1:27       | 2        | 0:09        | 11.5     | 29:52      | 2        | 3:32        | 13.4     |
| 20 (34)  | 2:13       | 3        | 0:10        | 8.1      | 32:05      | 2        | 3:42        | 13.0     |
| 21 (35)  | 3:02       | 2        | 0:15        | 9.0      | 35:07      | 2        | 3:57        | 12.7     |
| 22 (50)  | 3:52       | 2        | 0:15        | 6.9      | 38:59      | 2        | 4:12        | 12.1     |
| 23 (49)  | 0:56       | 3        | 0:06        | 12.0     | 39:55      | 2        | 4:15        | 11.9     |
| 24 (51)  | 0:38       | 4        | 0:15        | 65.2     | 40:33      | 2        | 4:30        | 12.5     |
| 25 (67)  | 1:56       | 2        | 0:15        | 14.9     | 42:29      | 2        | 4:45        | 12.6     |
| 26 (37)  | 1:15       | 3        | 0:13        | 21.0     | 43:44      | 2        | 4:47        | 12.3     |
| Finish   | 0:29       | 3        | 0:03        | 11.5     | 44:13      | 2        | 4:46        | 12.1     |