



Detailed evaluation

Polák, Jaroslav

Club: OK Chrastava

Total time: 1:58:27

Running performance: 6:47 min/km

Course: 17.45 km / 18 Controls

Category:

H35 (Herren ab 35)

Rank in category: 1(of 14)

Best time in the category: 1:58:27

Behind: -

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	4:20	1	-	-	4:20	1	-	-
2 (32)	2:38	4	0:10	6.8	6:58	2	0:07	1.7
3 (33)	2:31	3	0:07	4.9	9:29	2	0:13	2.3
4 (38)	3:26	1	-	-	12:55	2	0:03	0.4
5 (35)	13:59	5	0:43	5.4	26:54	2	0:08	0.5
6 (36)	7:35	1	-	-	34:29	2	0:05	0.2
7 (48)	4:55	4	0:22	8.1	39:24	1	-	-
8 (37)	6:10	2	0:01	0.3	45:34	1	-	-
9 (50)	4:58	5	0:27	10.0	50:32	1	-	-
10 (34)	13:25	2	0:11	1.4	1:03:57	1	-	-
11 (39)	14:33	3	0:31	3.7	1:18:30	1	-	-
12 (42)	6:06	3	0:03	0.8	1:24:36	1	-	-
13 (44)	15:00	6	1:06	7.9	1:39:36	1	-	-
14 (43)	2:50	4	0:09	5.6	1:42:26	1	-	-
15 (45)	10:04	3	6:12	160.3	1:52:30	1	-	-
16 (46)	1:58	2	0:06	5.4	1:54:28	1	-	-
17 (47)	1:48	1	-	-	1:56:16	1	-	-
18 (49)	1:41	3	0:05	5.2	1:57:57	1	-	-
Finish	0:30	8	0:08	36.4	1:58:27	1	-	-