



## 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        | -           | -        |