



Detailed evaluation

Heinemann, Björn

Club: SV Robotron Dresden

Total time: 1:27:42

Running performance: 7:08 min/km

Course: 12.28 km / 16 Controls

Category:

H45 (Herren ab 45)

Rank in category: 4(of 27)

Best time in the category: 1:23:50

Behind: 3:52

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	4:58	6	0:18	6.4	4:58	6	0:18	6.4
2 (32)	2:53	5	0:14	8.8	7:51	5	0:32	7.3
3 (38)	5:40	9	0:56	19.7	13:31	5	1:28	12.2
4 (39)	16:25	4	1:33	10.4	29:56	4	3:01	11.2
5 (42)	6:46	6	0:40	10.9	36:42	3	1:48	5.2
6 (35)	6:15	6	0:59	18.7	42:57	3	2:08	5.2
7 (36)	8:29	6	5:39	199.4	51:26	3	2:35	5.3
8 (44)	4:54	4	0:22	8.1	56:20	3	2:57	5.5
9 (43)	3:02	7	0:24	15.2	59:22	3	2:57	5.2
10 (48)	7:10	5	1:22	23.6	1:06:32	3	3:07	4.9
11 (45)	4:23	4	0:24	10.0	1:10:55	3	3:31	5.2
12 (37)	3:25	4	0:19	10.2	1:14:20	3	3:46	5.3
13 (50)	5:04	10	0:47	18.3	1:19:24	4	3:47	5.0
14 (46)	4:09	4	0:16	6.9	1:23:33	4	3:49	4.8
15 (47)	2:00	2	0:13	12.2	1:25:33	4	3:44	4.6
16 (49)	1:46	4	0:10	10.4	1:27:19	4	3:54	4.7
Finish	0:23	1	-	-	1:27:42	4	3:52	4.6