



Detailed evaluation

Blaha, Ondrej

Club: VŠTJ Ekonom Praha

Total time: 1:26:39

Running performance: 7:03 min/km

Course: 12.28 km / 16 Controls

Category:

H45 (Herren ab 45)

Rank in category: 3(of 27)

Best time in the category: 1:23:50

Behind: 2:49

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	4:40	1	-	-	4:40	1	-	-
2 (32)	2:39	1	-	-	7:19	1	-	-
3 (38)	4:44	1	-	-	12:03	1	-	-
4 (39)	14:52	1	-	-	26:55	1	-	-
5 (42)	12:02	23	5:56	97.3	38:57	9	4:03	11.6
6 (35)	5:16	1	-	-	44:13	5	3:24	8.3
7 (36)	8:59	7	6:09	217.1	53:12	4	4:21	8.9
8 (44)	4:34	2	0:02	0.7	57:46	4	4:23	8.2
9 (43)	2:48	2	0:10	6.3	1:00:34	4	4:09	7.4
10 (48)	6:36	2	0:48	13.8	1:07:10	4	3:45	5.9
11 (45)	4:09	2	0:10	4.2	1:11:19	4	3:55	5.8
12 (37)	3:06	1	-	-	1:14:25	4	3:51	5.5
13 (50)	4:17	1	-	-	1:18:42	3	3:05	4.1
14 (46)	3:53	1	-	-	1:22:35	3	2:51	3.6
15 (47)	1:47	1	-	-	1:24:22	3	2:33	3.1
16 (49)	1:39	2	0:03	3.1	1:26:01	3	2:36	3.1
Finish	0:38	22	0:15	65.2	1:26:39	3	2:49	3.4