



Detailed evaluation

Lösch, Steffen

Club: USV Jena

Total time: 1:05:10

Running performance: 7:52 min/km

Course: 8.28 km / 10 Controls

Category:

H55 (Herren ab 55)

Rank in category: 6(of 17)

Best time in the category: 1:00:39

Behind: 4:31

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	5:19	4	0:19	6.3	5:19	4	0:19	6.3
2 (51)	2:19	2	0:09	6.9	7:38	3	0:07	1.6
3 (34)	5:40	4	0:13	4.0	13:18	1	-	-
4 (35)	14:57	7	1:15	9.1	28:15	6	1:10	4.3
5 (36)	9:00	6	0:55	11.3	37:15	5	2:05	5.9
6 (48)	5:53	11	1:01	20.9	43:08	7	3:03	7.6
7 (37)	6:59	6	0:40	10.6	50:07	7	3:31	7.6
8 (50)	5:25	9	0:49	17.8	55:32	7	3:58	7.7
9 (46)	4:53	9	0:43	17.2	1:00:25	7	4:25	7.9
10 (49)	4:12	5	0:10	4.1	1:04:37	6	4:25	7.3
Finish	0:33	13	0:09	37.5	1:05:10	6	4:31	7.5