



Detailed evaluation

Polák, Jaroslav

Club: OK Chrastava

Total time: 44:30

Running performance: 6:42 min/km

Course: 6.63 km / 20 Controls

Category:

H35 (Herren ab 35)

Rank in category: 1(of 17)

Best time in the category: 44:30

Behind: -

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	1:22	9	0:27	49.1	1:22	9	0:27	49.1
2 (32)	1:50	7	0:14	14.6	3:12	7	0:31	19.3
3 (33)	5:37	2	0:08	2.4	8:49	3	0:31	6.2
4 (35)	0:59	3	0:04	7.3	9:48	3	0:30	5.4
5 (36)	1:43	2	0:01	1.0	11:31	2	0:19	2.8
6 (38)	1:53	6	0:07	6.6	13:24	2	0:15	1.9
7 (40)	1:19	8	0:11	16.2	14:43	3	0:26	3.0
8 (42)	1:16	9	0:15	24.6	15:59	3	0:29	3.1
9 (43)	5:21	3	0:38	13.4	21:20	1	-	-
10 (45)	4:23	1	-	-	25:43	1	-	-
11 (46)	5:10	1	-	-	30:53	1	-	-
12 (47)	1:26	5	0:17	24.6	32:19	1	-	-
13 (49)	1:33	2	0:08	9.4	33:52	1	-	-
14 (52)	1:55	5	0:12	11.7	35:47	1	-	-
15 (55)	1:35	4	0:11	13.1	37:22	1	-	-
16 (53)	0:29	9	0:05	20.8	37:51	1	-	-
17 (54)	1:21	5	0:17	26.6	39:12	1	-	-
18 (51)	3:00	2	0:02	1.1	42:12	1	-	-
19 (56)	1:00	6	0:09	17.7	43:12	1	-	-
20 (57)	0:50	11	0:12	31.6	44:02	1	-	-
Finish	0:28	12	0:08	40.0	44:30	1	-	-