



Detailed evaluation

Heinemann, Björn

Club: SV Robotron Dresden

Total time: 43:57

Running performance: 7:01 min/km

Course: 6.25 km / 16 Controls

Category:

H45 (Herren ab 45)

Rank in category: 3(of 21)

Best time in the category: 42:50

Behind: 1:07

Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (31) | 1:02 | 1 | - | - | 1:02 | 1 | - | - |
| 2 (32) | 1:53 | 4 | 0:03 | 2.7 | 2:55 | 1 | - | - |
| 3 (35) | 5:54 | 1 | - | - | 8:49 | 1 | - | - |
| 4 (36) | 2:05 | 7 | 0:34 | 37.4 | 10:54 | 2 | 0:12 | 1.9 |
| 5 (38) | 1:57 | 4 | 0:08 | 7.3 | 12:51 | 2 | 0:20 | 2.7 |
| 6 (41) | 1:15 | 2 | 0:04 | 5.6 | 14:06 | 2 | 0:07 | 0.8 |
| 7 (43) | 6:04 | 4 | 0:42 | 13.0 | 20:10 | 4 | 0:10 | 0.8 |
| 8 (45) | 4:19 | 2 | 0:05 | 2.0 | 24:29 | 2 | 0:12 | 0.8 |
| 9 (46) | 6:05 | 9 | 1:19 | 27.6 | 30:34 | 3 | 1:31 | 5.2 |
| 10 (47) | 1:40 | 7 | 0:34 | 51.5 | 32:14 | 4 | 2:05 | 6.9 |
| 11 (49) | 2:27 | 13 | 1:03 | 75.0 | 34:41 | 3 | 1:16 | 3.8 |
| 12 (52) | 1:46 | 3 | 0:04 | 3.9 | 36:27 | 3 | 1:20 | 3.8 |
| 13 (54) | 2:26 | 1 | - | - | 38:53 | 3 | 1:12 | 3.2 |
| 14 (51) | 3:10 | 3 | 0:04 | 2.2 | 42:03 | 3 | 1:14 | 3.0 |
| 15 (56) | 0:56 | 2 | 0:07 | 14.3 | 42:59 | 3 | 1:11 | 2.8 |
| 16 (57) | 0:40 | 3 | 0:01 | 2.6 | 43:39 | 3 | 1:12 | 2.8 |
| Finish | 0:18 | 1 | - | - | 43:57 | 3 | 1:07 | 2.6 |