



Detailed evaluation

Saß, Jörn

Club: OLF Mainz

Total time: 1:08:36

Running performance: 7:35 min/km

Course: 9.04 km / 18 Controls

Category:

Herren 19-

Rank in category: 3(of 6)

Best time in the category: 1:02:34

Behind: 6:02

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (138)	5:32	3	0:24	7.8	5:32	3	0:24	7.8
2 (130)	3:27	2	0:24	13.1	8:59	3	0:48	9.8
3 (132)	9:36	3	2:22	32.7	18:35	3	3:10	20.5
4 (131)	3:08	2	0:09	5.0	21:43	3	3:19	18.0
5 (129)	3:05	2	0:14	8.2	24:48	3	3:14	15.0
6 (128)	1:48	3	0:15	16.1	26:36	3	3:28	15.0
7 (137)	6:17	3	1:04	20.5	32:53	3	4:32	16.0
8 (139)	6:23	5	1:52	41.3	39:16	3	6:24	19.5
9 (127)	4:30	2	0:01	0.4	43:46	3	5:12	13.5
10 (122)	3:52	4	1:00	34.9	47:38	3	6:12	15.0
11 (126)	1:52	1	-	-	49:30	3	5:52	13.5
12 (135)	5:24	3	0:35	12.1	54:54	3	6:27	13.3
13 (106)	3:38	3	0:17	8.5	58:32	3	6:42	12.9
14 (114)	3:32	1	-	-	1:02:04	3	6:38	12.0
15 (136)	0:51	1	-	-	1:02:55	3	6:37	11.8
16 (117)	2:15	2	0:11	8.9	1:05:10	3	6:12	10.5
17 (118)	1:37	3	0:08	9.0	1:06:47	3	6:20	10.5
18 (100)	1:27	1	-	-	1:08:14	3	6:05	9.8
Finish	0:22	1	-	-	1:08:36	3	6:02	9.6