



Detailed evaluation

Röhl, Stefan

Club: OLF Mainz

Total time: 1:05:26

Running performance: 10:07 min/km

Course: 6.46 km / 15 Controls

Category:

Herren 45-

Rank in category: 3(of 5)

Best time in the category: 52:36

Behind: 12:50

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (130)	5:46	3	1:51	47.2	5:46	3	1:51	47.2
2 (134)	5:35	3	1:01	22.3	11:21	3	2:52	33.8
3 (125)	4:55	3	1:09	30.5	16:16	3	3:46	30.1
4 (126)	1:55	3	0:26	29.2	18:11	3	4:05	29.0
5 (122)	2:01	1	-	-	20:12	3	3:15	19.2
6 (123)	3:09	3	0:34	21.9	23:21	3	3:49	19.5
7 (131)	3:15	4	0:30	18.2	26:36	3	4:19	19.4
8 (127)	4:32	4	1:44	61.9	31:08	3	6:03	24.1
9 (137)	5:48	4	0:32	10.1	36:56	3	6:26	21.1
10 (128)	9:40	5	1:41	21.1	46:36	3	8:04	20.9
11 (129)	3:04	4	1:12	64.3	49:40	3	9:13	22.8
12 (132)	3:41	4	0:38	20.8	53:21	3	9:51	22.6
13 (135)	2:50	2	0:41	31.8	56:11	3	10:32	23.1
14 (136)	5:12	4	1:09	28.4	1:01:23	3	11:41	23.5
15 (100)	3:32	4	1:08	47.2	1:04:55	3	12:49	24.6
Finish	0:31	4	0:04	14.8	1:05:26	3	12:50	24.4