



Detailed evaluation

Fremder, Lars

Club: OL-Team Wehrsdorf

Total time: 51:23

Running performance: 7:19 min/km

Course: 7.02 km / 13 Controls

Category:

H35

Rank in category: 13(of 22)

Best time in the category: 42:20

Behind: 9:03

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	2:21	7	0:17	13.7	2:21	7	0:17	13.7
2 (50)	9:05	18	5:43	169.8	11:26	17	5:46	101.8
3 (33)	2:23	2	0:02	1.4	13:49	17	5:48	72.4
4 (43)	3:28	6	0:11	5.6	17:17	16	5:53	51.6
5 (35)	2:55	2	0:08	4.8	20:12	16	4:56	32.3
6 (37)	4:14	9	0:20	8.6	24:26	14	5:03	26.1
7 (38)	5:57	10	0:46	14.8	30:23	13	5:30	22.1
8 (31)	2:41	13	0:21	15.0	33:04	13	5:47	21.2
9 (39)	4:13	13	0:59	30.4	37:17	13	6:46	22.2
10 (40)	5:52	16	1:45	42.5	43:09	13	8:00	22.8
11 (31)	3:00	10	0:23	14.7	46:09	13	8:15	21.8
12 (48)	2:30	12	0:29	24.0	48:39	13	8:29	21.1
13 (100)	2:13	17	0:42	46.2	50:52	13	9:01	21.6
Finish	0:31	11	0:06	24.0	51:23	13	9:03	21.4