



Detailed evaluation

Kapischke, Henning

Club: OK Mark Brandenburg

Total time: 56:41

Running performance: 7:31 min/km

Course: 7.53 km / 12 Controls

Category:

Herren bis 16

Rank in category: 3(of 25)

Best time in the category: 52:13

Behind: 4:28

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (42)	4:39	8	0:56	25.1	4:39	8	0:56	25.1
2 (44)	1:42	1	-	-	6:21	2	0:43	12.7
3 (31)	6:06	6	0:59	19.2	12:27	4	1:11	10.5
4 (33)	2:55	1	-	-	15:22	3	0:13	1.4
5 (43)	5:53	11	1:53	47.1	21:15	3	2:06	11.0
6 (91)	13:49	5	1:22	11.0	35:04	3	3:28	11.0
7 (80)	5:10	6	0:56	22.1	40:14	4	4:24	12.3
8 (78)	2:19	1	-	-	42:33	3	4:13	11.0
9 (77)	3:33	12	0:56	35.7	46:06	4	5:05	12.4
10 (79)	3:15	7	0:18	10.2	49:21	4	5:12	11.8
11 (76)	3:48	2	0:07	3.2	53:09	4	5:19	11.1
12 (75)	2:53	1	-	-	56:02	4	4:38	9.0
Finish	0:39	4	0:07	21.9	56:41	3	4:28	8.6