



Detailed evaluation

Knoll, Thies

Club: BielefelderTG

Total time: 1:01:24

Running performance: 7:09 min/km

Course: 8.58 km / 12 Controls

Category:

Herren ab 40

Rank in category: 2(of 16)

Best time in the category: 59:08

Behind: 2:16

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (40)	4:13	1	-	-	4:13	1	-	-
2 (32)	4:09	2	0:07	2.9	8:22	1	-	-
3 (37)	4:45	3	0:22	8.4	13:07	1	-	-
4 (83)	15:07	4	2:01	15.4	28:14	3	1:49	6.9
5 (87)	4:09	3	0:24	10.7	32:23	3	2:00	6.6
6 (94)	5:02	2	0:01	0.3	37:25	3	2:01	5.7
7 (97)	5:43	3	0:21	6.5	43:08	3	2:22	5.8
8 (100)	3:04	2	0:07	4.0	46:12	3	2:29	5.7
9 (96)	2:24	7	0:22	18.0	48:36	3	2:50	6.2
10 (95)	3:22	4	0:15	8.0	51:58	2	2:09	4.3
11 (85)	5:22	2	0:12	3.9	57:20	2	2:21	4.3
12 (75)	3:21	1	-	-	1:00:41	2	2:16	3.9
Finish	0:43	1	-	-	1:01:24	2	2:16	3.8