



Detailed evaluation

Gruhl, Uwe

Club: SG LVB Leipzig

Total time: 1:36:43

Running performance: 7:52 min/km

Course: 12.28 km / 16 Controls

Category:

H45 (Herren ab 45)

Rank in category: 10(of 27)

Best time in the category: 1:23:50

Behind: 12:53

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	5:31	16	0:51	18.2	5:31	16	0:51	18.2
2 (32)	3:10	12	0:31	19.5	8:41	14	1:22	18.7
3 (38)	6:06	14	1:22	28.9	14:47	13	2:44	22.7
4 (39)	17:16	10	2:24	16.1	32:03	10	5:08	19.1
5 (42)	7:07	10	1:01	16.7	39:10	10	4:16	12.2
6 (35)	6:42	10	1:26	27.2	45:52	9	5:03	12.4
7 (36)	9:11	10	6:21	224.1	55:03	9	6:12	12.7
8 (44)	5:24	10	0:52	19.1	1:00:27	9	7:04	13.2
9 (43)	3:19	11	0:41	26.0	1:03:46	9	7:21	13.0
10 (48)	8:06	11	2:18	39.7	1:11:52	9	8:27	13.3
11 (45)	5:16	13	1:17	32.2	1:17:08	9	9:44	14.4
12 (37)	3:46	11	0:40	21.5	1:20:54	9	10:20	14.6
13 (50)	5:43	17	1:26	33.5	1:26:37	9	11:00	14.6
14 (46)	5:10	14	1:17	33.1	1:31:47	10	12:03	15.1
15 (47)	2:26	12	0:39	36.5	1:34:13	10	12:24	15.2
16 (49)	2:04	8	0:28	29.2	1:36:17	10	12:52	15.4
Finish	0:26	8	0:03	13.0	1:36:43	10	12:53	15.4