



Detailed evaluation

Polák, Tomáš

Club: OK Chrastava

Total time: 31:08

Running performance: 9:45 min/km

Course: 3.19 km / 7 Controls

Category:

H12

Rank in category: 5(of 10)

Best time in the category: 22:04

Behind: 9:04

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (47)	5:23	7	3:23	169.2	5:23	7	3:23	169.2
2 (48)	2:22	5	0:43	43.4	7:45	6	4:06	112.3
3 (32)	7:22	5	1:19	21.8	15:07	5	5:25	55.8
4 (44)	3:44	4	0:41	22.4	18:51	5	6:06	47.8
5 (46)	4:18	6	0:53	25.9	23:09	5	6:59	43.2
6 (33)	2:39	7	1:30	130.4	25:48	5	8:18	47.4
7 (100)	4:35	4	0:40	17.0	30:23	5	8:55	41.5
Finish	0:45	6	0:10	28.6	31:08	5	9:04	41.1