



## Detailed evaluation

Nowak, Remigiusz

Club: KS Hades Poznan

Total time: 2:27:23

Running performance: 9:12 min/km

Course: 16.01 km / 15 Controls

Category:

H45

Rank in category: 14(of 34)

Best time in the category: 1:57:06

Behind: 30:17

## Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (32)	6:59	12	1:31	27.7	6:59	12	1:31	27.7
2 (33)	8:30	19	2:16	36.4	15:29	15	3:40	31.0
3 (36)	4:56	14	1:19	36.4	20:25	14	4:36	29.1
4 (38)	8:44	9	0:57	12.2	29:09	13	5:12	21.7
5 (39)	16:09	16	3:49	31.0	45:18	13	8:14	22.2
6 (40)	39:27	10	18:51	91.5	1:24:45	12	29:31	53.4
7 (41)	2:15	9	0:41	43.6	1:27:00	11	12:52	17.4
8 (42)	10:29	17	2:57	39.2	1:37:29	11	15:49	19.4
9 (43)	1:46	22	0:47	79.7	1:39:15	11	16:31	20.0
10 (100)	0:55	19	0:18	48.7	1:40:10	11	16:47	20.1
11 (44)	9:04	16	2:25	36.3	1:49:14	11	18:05	19.8
12 (50)	12:50	18	3:15	33.9	2:02:04	12	21:20	21.2
13 (45)	10:43	22	4:40	77.1	2:12:47	13	26:00	24.4
14 (46)	9:15	20	2:56	46.4	2:22:02	14	28:39	25.3
15 (100)	4:41	21	1:31	47.9	2:26:43	14	30:10	25.9
Finish	0:40	14	0:12	42.9	2:27:23	14	30:17	25.9