



Detailed evaluation

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Club: KS Hades Poznan

Total time: 2:51:16

Running performance: 10:41 min/km

Course: 16.01 km / 15 Controls

Category:

H45

Rank in category: 22(of 34)

Best time in the category: 1:57:06

Behind: 54:10

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (32)	9:52	29	4:24	80.5	9:52	29	4:24	80.5
2 (33)	8:32	21	2:18	36.9	18:24	26	6:35	55.7
3 (36)	5:41	24	2:04	57.1	24:05	25	8:16	52.3
4 (38)	11:24	25	3:37	46.5	35:29	24	11:32	48.2
5 (39)	17:47	21	5:27	44.2	53:16	24	16:12	43.7
6 (40)	47:54	24	27:18	132.5	1:41:10	24	45:56	83.2
7 (41)	3:13	30	1:39	105.3	1:44:23	23	30:15	40.8
8 (42)	10:31	18	2:59	39.6	1:54:54	22	33:14	40.7
9 (43)	1:37	17	0:38	64.4	1:56:31	22	33:47	40.8
10 (100)	0:59	28	0:22	59.5	1:57:30	22	34:07	40.9
11 (44)	11:23	24	4:44	71.2	2:08:53	22	37:44	41.4
12 (50)	15:51	24	6:16	65.4	2:24:44	21	44:00	43.7
13 (45)	10:36	21	4:33	75.2	2:35:20	21	48:33	45.5
14 (46)	10:01	23	3:42	58.6	2:45:21	21	51:58	45.8
15 (100)	5:04	24	1:54	60.0	2:50:25	22	53:52	46.2
Finish	0:51	26	0:23	82.1	2:51:16	22	54:10	46.3