



Detailed evaluation

Polák, Tomáš

Club: OK Chrastava

Total time: 18:31

Running performance: 9:57 min/km

Course: 1.86 km / 5 Controls

Category:

H12

Rank in category: 9(of 10)

Best time in the category: 9:19

Behind: 9:12

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	3:41	4	1:05	41.7	3:41	4	1:05	41.7
2 (49)	7:29	10	6:15	506.8	11:10	10	7:20	191.3
3 (47)	1:16	5	0:17	28.8	12:26	10	7:37	158.1
4 (48)	3:06	8	1:06	55.0	15:32	10	8:43	127.9
5 (100)	2:27	6	0:24	19.5	17:59	9	9:07	102.8
Finish	0:32	2	0:05	18.5	18:31	9	9:12	98.8