



Detailed evaluation

Nowak, Remigiusz

Club: KS Hades Poznan

Total time: 43:34

Running performance: 7:38 min/km

Course: 5.70 km / 11 Controls

Category:

H45

Rank in category: 12(of 36)

Best time in the category: 35:13

Behind: 8:21

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	2:59	19	0:51	39.8	2:59	19	0:51	39.8
2 (42)	4:01	12	0:54	28.9	7:00	14	1:45	33.3
3 (33)	2:56	7	0:31	21.4	9:56	9	2:09	27.6
4 (34)	5:23	21	1:46	48.9	15:19	12	3:55	34.4
5 (44)	3:42	11	0:38	20.7	19:01	12	4:17	29.1
6 (37)	2:45	12	0:32	24.1	21:46	12	4:39	27.2
7 (38)	5:48	3	0:15	4.5	27:34	10	4:32	19.7
8 (31)	3:12	17	0:48	33.3	30:46	10	5:07	20.0
9 (39)	5:34	27	1:53	51.1	36:20	12	6:39	22.4
10 (48)	4:15	20	1:02	32.1	40:35	12	7:40	23.3
11 (100)	2:20	23	0:37	35.9	42:55	12	8:08	23.4
Finish	0:39	30	0:18	85.7	43:34	12	8:21	23.7