



Detailed evaluation

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Club: UMKS Orkan Ostróda

Total time: 43:36

Running performance: 7:38 min/km

Course: 5.70 km / 11 Controls

Category:

H45

Rank in category: 13(of 36)

Best time in the category: 35:13

Behind: 8:23

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	2:53	17	0:45	35.2	2:53	17	0:45	35.2
2 (42)	4:15	19	1:08	36.4	7:08	17	1:53	35.9
3 (33)	3:25	16	1:00	41.4	10:33	14	2:46	35.6
4 (34)	4:53	14	1:16	35.0	15:26	13	4:02	35.4
5 (44)	3:47	12	0:43	23.4	19:13	13	4:29	30.4
6 (37)	2:58	16	0:45	33.8	22:11	13	5:04	29.6
7 (38)	6:41	12	1:08	20.4	28:52	13	5:50	25.3
8 (31)	3:01	13	0:37	25.7	31:53	13	6:14	24.3
9 (39)	5:10	18	1:29	40.3	37:03	13	7:22	24.8
10 (48)	3:56	16	0:43	22.3	40:59	13	8:04	24.5
11 (100)	2:02	16	0:19	18.5	43:01	13	8:14	23.7
Finish	0:35	22	0:14	66.7	43:36	13	8:23	23.8