



Detailed evaluation

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Club: VfL Nürnberg

Total time: 1:04:25

Running performance: 11:18 min/km

Course: 5.70 km / 11 Controls

Category:

H45

Rank in category: 33(of 36)

Best time in the category: 35:13

Behind: 29:12

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	4:17	33	2:09	100.8	4:17	33	2:09	100.8
2 (42)	7:35	32	4:28	143.3	11:52	32	6:37	126.0
3 (33)	4:35	27	2:10	89.7	16:27	32	8:40	111.4
4 (34)	8:56	33	5:19	147.0	25:23	33	13:59	122.7
5 (44)	4:58	26	1:54	62.0	30:21	33	15:37	106.0
6 (37)	3:22	26	1:09	51.9	33:43	32	16:36	97.0
7 (38)	11:37	35	6:04	109.3	45:20	33	22:18	96.8
8 (31)	4:13	33	1:49	75.7	49:33	33	23:54	93.2
9 (39)	6:02	30	2:21	63.8	55:35	33	25:54	87.3
10 (48)	5:50	31	2:37	81.4	1:01:25	33	28:30	86.6
11 (100)	2:23	25	0:40	38.8	1:03:48	33	29:01	83.4
Finish	0:37	25	0:16	76.2	1:04:25	33	29:12	82.9