



Detailed evaluation

Casanova, Valerio

Club: OLG Regensburg

Total time: 1:21:22

Running performance: 14:16 min/km

Course: 5.70 km / 11 Controls

Category:

H45

Rank in category: 35(of 36)

Best time in the category: 35:13

Behind: 46:09

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	6:30	35	4:22	204.7	6:30	35	4:22	204.7
2 (42)	8:25	33	5:18	170.1	14:55	35	9:40	184.1
3 (33)	11:04	35	8:39	357.9	25:59	35	18:12	233.8
4 (34)	12:03	34	8:26	233.2	38:02	35	26:38	233.6
5 (44)	6:15	33	3:11	103.8	44:17	35	29:33	200.6
6 (37)	4:03	35	1:50	82.7	48:20	35	31:13	182.4
7 (38)	8:48	29	3:15	58.6	57:08	35	34:06	148.1
8 (31)	5:43	35	3:19	138.2	1:02:51	35	37:12	145.0
9 (39)	8:45	35	5:04	137.6	1:11:36	35	41:55	141.2
10 (48)	6:11	33	2:58	92.2	1:17:47	35	44:52	136.3
11 (100)	2:40	32	0:57	55.3	1:20:27	35	45:40	131.3
Finish	0:55	35	0:34	161.9	1:21:22	35	46:09	131.1