



Detailed evaluation

Koc, Zdenek

Club: SK Stopa Praha

Total time: 42:40

Running performance: 10:19 min/km

Course: 4.13 km / 8 Controls

Category:

H65

Rank in category: 9(of 12)

Best time in the category: 26:22

Behind: 16:18

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	6:36	11	4:08	167.6	6:36	11	4:08	167.6
2 (41)	1:28	4	0:25	39.7	8:04	11	4:33	129.4
3 (42)	2:52	3	0:20	13.2	10:56	9	4:52	80.2
4 (44)	6:46	6	1:51	37.6	17:42	6	6:27	57.3
5 (45)	3:10	5	0:42	28.4	20:52	6	7:09	52.1
6 (31)	12:58	11	6:30	100.5	33:50	10	13:39	67.6
7 (47)	2:51	4	0:41	31.5	36:41	9	14:20	64.1
8 (100)	5:12	6	1:43	49.3	41:53	9	16:03	62.1
Finish	0:47	6	0:15	46.9	42:40	9	16:18	61.8