



BRL - Hetzdorf
Hetzdorf / 10.05.2015

Detailed evaluation

Bruns, Michaela

Club: MTK Bad Harzburg

Total time: 1:04:05

Running performance: 12:05 min/km

Course: 5.30 km / 9 Controls

Category:

Damen ab 40

Rank in category: 9(of 12)

Best time in the category: 44:50

Behind: 19:15

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (35)	7:49	12	4:29	134.5	7:49	12	4:29	134.5
2 (43)	10:19	9	4:33	78.9	18:08	11	8:18	84.4
3 (56)	10:15	9	3:14	46.1	28:23	11	11:11	65.0
4 (88)	11:57	7	4:12	54.2	40:20	11	13:46	51.8
5 (81)	3:19	8	0:59	42.1	43:39	9	14:19	48.8
6 (90)	2:55	10	1:08	63.6	46:34	9	15:11	48.4
7 (85)	9:37	5	2:18	31.4	56:11	9	17:29	45.2
8 (84)	2:35	5	0:29	23.0	58:46	9	17:58	44.0
9 (75)	4:05	6	1:09	39.2	1:02:51	9	18:57	43.2
Finish	1:14	10	0:22	42.3	1:04:05	9	19:15	42.9