



Detailed evaluation

Bruns, Henning

Club: MTK Bad Harzburg

Total time: 2:23:30

Running performance: 8:09 min/km

Course: 17.58 km / 18 Controls

Category:

Men

Rank in category: 30(of 52)

Best time in the category: 1:39:27

Behind: 44:03

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	1:25	37	0:50	142.9	1:25	37	0:50	142.9
2 (32)	6:54	42	2:33	58.6	8:19	38	3:19	66.3
3 (33)	7:31	41	2:38	53.9	15:50	39	5:53	59.1
4 (36)	5:02	39	2:00	65.9	20:52	40	7:51	60.3
5 (37)	10:20	35	4:00	63.2	31:12	41	11:47	60.7
6 (38)	5:40	35	2:23	72.6	36:52	39	13:52	60.3
7 (39)	14:28	39	5:25	59.9	51:20	39	19:16	60.1
8 (40)	36:19	29	16:14	80.8	1:27:39	37	29:08	49.8
9 (41)	2:00	31	0:44	57.9	1:29:39	37	29:48	49.8
10 (42)	8:28	31	2:14	35.8	1:38:07	36	31:45	47.8
11 (43)	1:18	35	0:28	56.0	1:39:25	35	32:10	47.8
12 (100)	0:41	30	0:13	46.4	1:40:06	35	32:20	47.7
13 (44)	7:17	26	2:01	38.3	1:47:23	32	34:20	47.0
14 (34)	10:11	32	2:39	35.2	1:57:34	30	36:42	45.4
15 (35)	2:40	33	0:40	33.3	2:00:14	30	37:21	45.1
16 (45)	11:48	29	4:12	55.3	2:12:02	30	41:13	45.4
17 (46)	7:02	26	1:56	37.9	2:19:04	30	42:51	44.5
18 (100)	3:49	31	1:10	44.0	2:22:53	30	43:51	44.3
Finish	0:37	34	0:13	54.2	2:23:30	30	44:03	44.3