



Detailed evaluation

Bruns, Henning

Club: MTK Bad Harzburg

Total time: 45:49

Running performance: 6:12 min/km

Course: 7.38 km / 14 Controls

Category:

H21

Rank in category: 29(of 43)

Best time in the category: 33:02

Behind: 12:47

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	2:31	33	0:41	37.3	2:31	33	0:41	37.3
2 (39)	4:15	36	4:15	-	6:46	35	6:46	-
3 (40)	4:40	34	4:40	-	11:26	36	11:26	-
4 (31)	2:53	26	0:43	33.1	14:19	36	14:19	-
5 (32)	3:22	24	3:22	-	17:41	36	17:41	-
6 (33)	2:20	14	0:54	62.8	20:01	30	20:01	-
7 (35)	3:14	33	3:14	-	23:15	30	23:15	-
8 (34)	3:13	14	0:49	34.0	26:28	28	7:10	37.1
9 (44)	3:21	36	3:21	-	29:49	29	8:10	37.7
10 (37)	2:24	15	0:38	35.9	32:13	28	8:44	37.2
11 (38)	5:52	36	5:52	-	38:05	29	10:49	39.7
12 (31)	2:36	24	0:37	31.1	40:41	29	11:26	39.1
13 (48)	2:21	29	0:37	35.6	43:02	29	12:03	38.9
14 (100)	2:15	36	1:01	82.4	45:17	29	12:39	38.8
Finish	0:32	38	0:11	52.4	45:49	29	12:47	38.7