



Detailed evaluation

Bruns, Rieke

Club: MTK Bad Harzburg

Total time: 56:09

Running performance: 8:01 min/km

Course: 7.00 km / 15 Controls

Category:

D21

Rank in category: 17(of 22)

Best time in the category: 37:02

Behind: 19:07

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	3:50	20	1:43	81.1	3:50	20	1:43	81.1
2 (41)	4:35	18	3:42	418.9	8:25	18	5:25	180.6
3 (50)	2:34	5	0:38	32.8	10:59	15	5:59	119.7
4 (33)	2:57	8	0:51	40.5	13:56	14	6:43	93.1
5 (34)	4:46	18	4:46	-	18:42	16	7:59	74.5
6 (43)	1:18	9	0:26	50.0	20:00	14	8:25	72.7
7 (36)	2:57	13	2:57	-	22:57	14	8:56	63.7
8 (45)	3:10	10	1:11	59.7	26:07	14	10:07	63.2
9 (38)	7:25	19	7:25	-	33:32	17	12:42	61.0
10 (31)	2:54	12	2:54	-	36:26	17	13:09	56.5
11 (39)	4:35	18	4:35	-	41:01	18	14:10	52.8
12 (40)	6:03	14	2:06	53.2	47:04	17	16:16	52.8
13 (31)	3:20	15	1:07	50.4	50:24	17	17:12	51.8
14 (48)	2:47	17	0:46	38.0	53:11	17	17:56	50.9
15 (100)	2:24	17	1:00	71.4	55:35	17	18:56	51.7
Finish	0:34	16	0:13	61.9	56:09	17	19:07	51.6