



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Goebel, Alexander

Club: Rolschtrunners
Number: 480

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:57:57

Speed: 8.14 km/h
Running performance: 7:22 min/km

Rank in course/Total: 183 (of 304)

Rank in course/Men: 170 (of 252)

Best time in course: 1:05:10

Rank in category: 23(of 31)

Best time in the category: 1:09:36

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	4:07	-	26	2:55	198	3:05	-	4:07	-	26	2:55	198	3:05
Himmelsleiter +	-	5:21	-	28	2:36	205	2:49	-	9:28	-	27	5:31	202	5:54
Nordwand + Dov	-	6:20	-	23	2:25	168	2:37	-	15:48	-	28	7:56	200	8:31
Nordwand + Dov	-	2:10	-	19	0:45	147	1:01	-	17:58	-	25	8:41	194	9:30
Duckmäuser Eins	-	17:58	-	16	6:40	92	7:18	-	35:56	-	17	15:21	111	16:40
Duckmäuser Aus	-	0:19	-	3	0:01	15	0:06	-	36:15	-	17	15:19	109	16:45
Pneumant Einstie	-	1:17	-	22	0:56	153	1:03	-	37:32	-	17	16:15	98	17:40
Pneumant Aussti	-	0:05	-	3	0:01	22	0:04	-	37:37	-	16	16:14	97	17:39
Heuschnupfen Ei	-	12:27	-	20	4:34	142	5:08	-	50:04	-	16	20:48	92	22:47
Heuschnupfen Ai	-	0:06	-	5	0:01	50	0:02	-	50:10	-	16	20:47	89	22:49
Schlammbowle E	-	2:52	-	19	1:08	149	1:09	-	53:02	-	16	21:55	86	23:57
Schlammbowle A	-	1:02	-	16	0:25	106	0:28	-	54:04	-	15	22:20	85	24:24
Himmelsleiter +	-	5:20	-	28	2:20	191	2:37	-	59:24	-	15	24:40	86	26:54
Himmelsleiter +	-	5:00	-	23	1:57	160	2:13	-	1:04:24	-	15	26:37	86	29:01
Nordwand + Dov	-	7:11	-	22	3:01	175	3:13	-	1:11:35	-	15	29:38	85	32:11
Nordwand + Dov	-	2:02	-	14	0:38	123	0:58	-	1:13:37	-	15	30:16	85	33:02
Duckmäuser Eins	-	20:50	-	22	8:59	141	20:33	-	1:34:27	-	15	39:15	81	43:03
Duckmäuser Aus	-	0:28	-	17	0:14	118	0:17	-	1:34:55	-	15	39:26	81	43:18
Pneumant Einstie	-	1:11	-	19	0:50	110	0:51	-	1:36:06	-	14	40:16	72	44:09
Pneumant Aussti	-	0:08	-	18	0:06	103	0:06	-	1:36:14	-	14	40:17	72	44:15
Heuschnupfen Ei	-	13:27	-	23	5:33	171	6:06	-	1:49:41	-	14	45:50	72	50:21
Heuschnupfen Ai	-	0:07	-	21	0:02	132	0:03	-	1:49:48	-	14	45:51	72	50:24
Schlammbowle E	-	2:57	-	21	1:14	156	1:16	-	1:52:45	-	13	47:05	70	51:39
Schlammbowle A	-	1:11	-	15	0:33	118	0:37	-	1:53:56	-	13	47:38	70	52:14
Sportplatz Mühlb	8.00	4:01	-	23	0:43	153	0:50	16.00	1:57:57	7:22	23	48:21	170	52:47