



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Thomma, Anton

Club: Laufladen Erfurt
Number: 652

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:45:42

Speed: 9.08 km/h
Running performance: 6:37 min/km

Rank in course/Total: 99 (of 304)

Rank in course/Men: 93 (of 252)

Best time in course: 1:05:10

Rank in category: 17(of 53)

Best time in the category: 1:09:26

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 +	-	3:12	-	29	2:05	148	2:10	-	3:12	-	29	2:05	148	2:10	
Himmelsleiter +	-	4:29	-	16	1:40	89	1:57	-	7:41	-	22	3:45	123	4:07	
Nordwand + Dov	-	5:44	-	18	1:49	99	2:01	-	13:25	-	21	5:34	117	6:08	
Nordwand + Dov	-	1:56	-	15	0:40	84	0:47	-	15:21	-	18	6:04	110	6:53	
Duckmäuser Eins	-	15:47	-	9	4:29	36	5:07	-	31:08	-	11	10:33	52	11:52	
Duckmäuser Aus	-	0:19	-	2	0:02	15	0:06	-	31:27	-	11	10:31	52	11:57	
Pneumant Einstie	-	0:35	-	6	0:15	34	0:21	-	32:02	-	8	10:46	46	12:10	
Pneumant Aussti	-	0:05	-	7	0:03	22	0:04	-	32:07	-	7	10:47	43	12:09	
Heuschnupfen Ei	-	11:02	-	9	3:07	51	3:43	-	43:09	-	7	13:54	40	15:52	
Heuschnupfen Ai	-	0:05	-	2	0:01	8	0:01	-	43:14	-	7	13:54	39	15:53	
Schlammbowle E	-	2:38	-	12	0:52	81	0:55	-	45:52	-	6	14:46	38	16:47	
Schlammbowle A	-	0:57	-	11	0:21	69	0:23	-	46:49	-	6	15:07	38	17:09	
Himmelsleiter +	-	5:08	-	32	2:07	173	2:25	-	51:57	-	7	17:14	43	19:27	
Himmelsleiter +	-	4:53	-	27	1:50	145	2:06	-	56:50	-	8	19:04	46	21:27	
Nordwand + Dov	-	6:46	-	23	2:36	133	2:48	-	1:03:36	-	10	21:40	48	24:12	
Nordwand + Dov	-	1:57	-	15	0:34	84	0:53	-	1:05:33	-	10	22:13	48	24:58	
Duckmäuser Eins	-	17:50	-	15	5:59	78	17:33	-	1:23:23	-	9	28:12	45	31:59	
Duckmäuser Aus	-	0:20	-	6	0:05	26	0:09	-	1:23:43	-	9	28:15	45	32:06	
Pneumant Einstie	-	1:56	-	39	1:35	168	1:36	-	1:25:39	-	9	29:50	44	33:42	
Pneumant Aussti	-	0:04	-	4	0:02	16	0:02	-	1:25:43	-	9	29:50	43	33:44	
Heuschnupfen Ei	-	11:57	-	19	3:59	98	4:36	-	1:37:40	-	9	33:49	43	38:20	
Heuschnupfen Ai	-	0:05	-	3	0:01	9	0:01	-	1:37:45	-	9	33:50	43	38:21	
Schlammbowle E	-	2:46	-	22	1:05	117	1:05	-	1:40:31	-	9	34:55	42	39:25	
Schlammbowle A	-	1:05	-	16	0:26	90	0:31	-	1:41:36	-	8	35:21	41	39:54	
Sportplatz Mühlb	8.00	4:06	-	33	0:55	175	0:55	16.00	1:45:42	6:36	17	36:16	93	40:32	