



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Krafczyk, Agata

Club: Einbeck
Number: 656

Course: 16.00 km
Expert

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:34:55

Speed: 10.11 km/h
Running performance: 5:56 min/km

Rank in course/Total: 42 (of 304)

Rank in course/Women: 4 (of 52)

Best time in course: 1:26:55

Rank in category: 2(of 11)

Best time in the category: 1:26:55

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Himmelsleiter +	-	2:01	-	1	-	1	-	-	2:01	-	1	-	1	-
Himmelsleiter +	-	3:43	-	2	0:08	5	0:12	-	5:44	-	2	0:02	4	0:12
Nordwand + Dov	-	5:17	-	2	0:17	4	0:17	-	11:01	-	2	0:19	4	0:19
Nordwand + Dov	-	1:39	-	1	-	2	0:03	-	12:40	-	2	0:19	4	0:19
Duckmäuser Eins	-	14:48	-	2	0:47	2	0:47	-	27:28	-	2	1:06	2	1:06
Duckmäuser Aus	-	0:23	-	2	0:02	3	0:04	-	27:51	-	2	1:08	2	1:08
Pneumant Einstie	-	0:26	-	1	-	2	0:08	-	28:17	-	2	1:03	2	1:03
Pneumant Aussti	-	0:06	-	2	0:01	3	0:02	-	28:23	-	2	1:02	2	1:02
Heuschnupfen Ei	-	10:25	-	2	0:34	4	0:34	-	38:48	-	2	1:36	2	1:36
Heuschnupfen Ai	-	0:06	-	1	-	2	0:01	-	38:54	-	2	1:36	2	1:36
Schlammbowle E	-	2:25	-	2	0:10	3	0:10	-	41:19	-	2	1:46	2	1:46
Schlammbowle A	-	0:53	-	1	-	1	-	-	42:12	-	2	1:42	2	1:42
Himmelsleiter +	-	4:02	-	2	0:24	2	0:24	-	46:14	-	2	2:06	2	2:06
Himmelsleiter +	-	4:29	-	2	0:35	6	0:35	-	50:43	-	2	2:41	2	2:41
Nordwand + Dov	-	6:29	-	3	1:19	10	1:19	-	57:12	-	2	4:00	2	4:00
Nordwand + Dov	-	1:46	-	2	0:11	4	0:11	-	58:58	-	2	4:11	2	4:11
Duckmäuser Eins	-	17:03	-	2	2:19	5	2:19	-	1:16:01	-	2	6:30	2	6:30
Duckmäuser Aus	-	0:22	-	4	0:01	6	0:05	-	1:16:23	-	2	6:31	2	6:31
Pneumant Einstie	-	0:37	-	2	0:03	5	0:12	-	1:17:00	-	2	6:34	2	6:34
Pneumant Aussti	-	0:06	-	1	-	1	-	-	1:17:06	-	2	6:34	2	6:34
Heuschnupfen Ei	-	10:39	-	2	0:59	3	0:59	-	1:27:45	-	2	7:33	2	7:33
Heuschnupfen Ai	-	0:05	-	1	-	1	-	-	1:27:50	-	2	7:32	2	7:32
Schlammbowle E	-	2:27	-	2	0:19	3	0:19	-	1:30:17	-	2	7:51	2	7:51
Schlammbowle A	-	0:57	-	2	0:03	2	0:03	-	1:31:14	-	2	7:54	2	7:54
Sportplatz Mühlb	8.00	3:41	-	2	0:06	2	0:06	16.00	1:34:55	5:55	2	8:00	4	8:00