



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Keil, Charlotte

Club: run4fun  
Number: 71

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:13:47

Speed: 6.51 km/h  
Running performance: 9:13 min/km

Rank in course/Total: 253 (of 292)

Rank in course/Women: 78 (of 100)

Best time in course: 46:25

Rank in category: 13(of 15)

Best time in the category: 53:46

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 +	-	6:01	-	14	3:11	89	3:51	-	6:01	-	14	3:11	89	3:51
Himmelsleiter +	-	5:52	-	7	1:46	58	2:10	-	11:53	-	11	4:57	83	6:01
Nordwand + Dov	-	8:23	-	12	2:15	82	2:58	-	20:16	-	12	7:12	85	8:53
Nordwand + Dov	-	3:04	-	13	0:59	75	1:33	-	23:20	-	12	8:11	84	10:26
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	25:04	-	14	24:41	93	24:41	-	48:24	-	15	11:21	95	19:36
Pneumant Aussti	-	0:14	-	12	0:08	64	0:09	-	48:38	-	16	11:25	101	19:44
Heuschnupfen Ei	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Heuschnupfen Ai	-	16:04	-	15	15:59	98	15:59	-	1:04:42	-	16	15:36	99	25:09
Schlammbowle E	-	3:14	-	8	0:37	55	0:47	-	1:07:56	-	16	16:13	52	25:56
Schlammbowle A	-	1:33	-	11	0:36	54	0:50	-	1:09:29	-	16	16:23	101	26:46
Sportplatz Mühlb	8.00	4:18	-	7	0:21	47	0:40	8.00	1:13:47	9:13	13	20:01	78	27:22