



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Hesse, Christina

Club: Team Helbing  
Number: 115

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:08:49

Speed: 6.98 km/h  
Running performance: 8:36 min/km

Rank in course/Total: 204 (of 292)

Rank in course/Women: 52 (of 100)

Best time in course: 46:25

Rank in category: 5(of 8)

Best time in the category: 52:15

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 +	-	4:49	-	5	2:00	57	2:39	-	4:49	-	5	2:00	57	2:39
Himmelsleiter +	-	5:45	-	5	1:35	48	2:03	-	10:34	-	5	3:35	55	4:42
Nordwand + Dov	-	7:17	-	5	1:24	48	1:52	-	17:51	-	5	4:59	50	6:28
Nordwand + Dov	-	2:48	-	6	0:49	57	1:17	-	20:39	-	5	5:48	50	7:45
Duckmäuser Eins	-	21:51	-	4	4:38	40	6:41	-	42:30	-	4	10:26	40	14:26
Duckmäuser Aus	-	0:29	-	4	0:05	35	0:11	-	42:59	-	4	10:26	39	14:37
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	1:36	-	8	1:28	96	1:31	-	44:35	-	9	11:04	101	15:41
Heuschnupfen Ei	-	14:59	-	6	3:44	57	4:25	-	59:34	-	9	14:48	100	20:06
Heuschnupfen Ai	-	0:07	-	2	0:01	22	0:02	-	59:41	-	9	14:47	99	20:08
Schlammbowle E	-	3:14	-	5	0:38	55	0:47	-	1:02:55	-	9	15:25	99	20:55
Schlammbowle A	-	1:35	-	5	0:41	56	0:52	-	1:04:30	-	9	16:06	36	21:47
Sportplatz Mühlb	8.00	4:19	-	4	0:28	50	0:41	8.00	1:08:49	8:36	5	16:34	52	22:24