



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Buchner, Lisa

Club: Kernkraft Gera  
Number: 585

Course: 16.00 km  
Expert

Category:  
Frauen (20-29 Jahre)

Total time: 2:03:22

Speed: 7.78 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 208 (of 304)

Rank in course/Women: 19 (of 52)

Best time in course: 1:26:55

Rank in category: 4(of 16)

Best time in the category: 1:32:48

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 +	-	3:54	-	6	1:52	23	1:53	-	3:54	-	6	1:52	23	1:53
Himmelsleiter +	-	5:30	-	6	1:56	27	1:59	-	9:24	-	6	3:48	23	3:52
Nordwand + Dov	-	6:21	-	3	1:11	13	1:21	-	15:45	-	4	4:59	21	5:03
Nordwand + Dov	-	2:18	-	4	0:42	15	0:42	-	18:03	-	4	5:41	19	5:42
Duckmäuser Eins	-	19:51	-	2	0:27	12	5:50	-	37:54	-	1	-	10	11:32
Duckmäuser Aus	-	0:37	-	6	0:13	24	0:18	-	38:31	-	2	0:02	12	11:48
Pneumant Einstie	-	1:06	-	4	0:17	18	0:48	-	39:37	-	1	-	10	12:23
Pneumant Aussti	-	0:11	-	7	0:07	19	0:07	-	39:48	-	1	-	10	12:27
Heuschnupfen Ei	-	13:24	-	6	3:04	17	3:33	-	53:12	-	1	-	10	16:00
Heuschnupfen Ai	-	0:08	-	10	0:02	24	0:03	-	53:20	-	1	-	10	16:02
Schlammbowle E	-	3:13	-	10	0:50	29	0:58	-	56:33	-	1	-	9	17:00
Schlammbowle A	-	1:28	-	4	0:30	21	0:35	-	58:01	-	1	-	9	17:31
Himmelsleiter +	-	5:04	-	5	1:02	18	1:26	-	1:03:05	-	1	-	9	18:57
Himmelsleiter +	-	5:11	-	4	1:06	19	1:17	-	1:08:16	-	1	-	9	20:14
Nordwand + Dov	-	7:15	-	4	1:34	20	2:05	-	1:15:31	-	1	-	10	22:19
Nordwand + Dov	-	2:24	-	6	0:46	23	0:49	-	1:17:55	-	1	-	9	23:08
Duckmäuser Eins	-	20:55	-	4	5:03	16	6:11	-	1:38:50	-	1	-	8	29:19
Duckmäuser Aus	-	0:34	-	6	0:09	28	0:17	-	1:39:24	-	1	-	8	29:32
Pneumant Einstie	-	1:17	-	5	0:15	18	0:52	-	1:40:41	-	1	-	8	30:15
Pneumant Aussti	-	0:11	-	5	0:02	20	0:05	-	1:40:52	-	1	-	8	30:20
Heuschnupfen Ei	-	14:02	-	6	3:06	20	4:22	-	1:54:54	-	1	-	8	34:42
Heuschnupfen Ai	-	0:08	-	10	0:03	23	0:03	-	1:55:02	-	1	-	8	34:44
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Schlammbowle A	-	4:28	-	15	3:25	48	3:34	-	1:59:30	-	1	-	8	36:10
Sportplatz Mühlb	8.00	3:52	-	4	0:07	9	0:17	16.00	2:03:22	7:42	4	30:34	19	36:27