



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Lehmann, Norman

Club: Seamrog Rugby Nordhausen
Number: 553

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:58:04

Speed: 8.13 km/h
Running performance: 7:23 min/km

Rank in course/Total: 185 (of 304)

Rank in course/Men: 172 (of 252)

Best time in course: 1:05:10

Rank in category: 24(of 31)

Best time in the category: 1:09:36

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 +	-	4:16	-	28	3:04	209	3:14	-	4:16	-	28	3:04	209	3:14	
Himmelsleiter +	-	5:14	-	23	2:29	187	2:42	-	9:30	-	28	5:33	205	5:56	
Nordwand + Dov	-	6:14	-	22	2:19	162	2:31	-	15:44	-	27	7:52	199	8:27	
Nordwand + Dov	-	2:20	-	21	0:55	182	1:11	-	18:04	-	27	8:47	196	9:36	
Duckmäuser Eins	-	18:48	-	19	7:30	112	8:08	-	36:52	-	19	16:17	120	17:36	
Duckmäuser Aus	-	0:32	-	20	0:14	131	0:19	-	37:24	-	19	16:28	118	17:54	
Pneumant Einstie	-	0:56	-	15	0:35	99	0:42	-	38:20	-	19	17:03	102	18:28	
Pneumant Aussti	-	0:04	-	1	-	11	0:03	-	38:24	-	18	17:01	101	18:26	
Heuschnupfen Ei	-	12:59	-	23	5:06	169	5:40	-	51:23	-	18	22:07	98	24:06	
Heuschnupfen At	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Schlammbowle E	-	2:59	-	25	1:15	178	1:16	-	54:22	-	32	23:15	241	25:17	
Schlammbowle A	-	1:22	-	25	0:45	190	0:48	-	55:44	-	32	24:00	248	26:04	
Himmelsleiter +	-	4:55	-	21	1:55	135	2:12	-	1:00:39	-	31	25:55	244	28:09	
Himmelsleiter +	-	4:51	-	19	1:48	136	2:04	-	1:05:30	-	31	27:43	244	30:07	
Nordwand + Dov	-	7:12	-	23	3:02	176	3:14	-	1:12:42	-	31	30:45	244	33:18	
Nordwand + Dov	-	2:07	-	17	0:43	142	1:03	-	1:14:49	-	31	31:28	244	34:14	
Duckmäuser Eins	-	20:03	-	18	8:12	128	19:46	-	1:34:52	-	26	39:40	191	43:28	
Duckmäuser Aus	-	0:26	-	15	0:12	102	0:15	-	1:35:18	-	30	39:49	223	43:41	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:48	-	28	0:46	204	0:46	-	1:36:06	-	31	40:09	245	44:07	
Heuschnupfen Ei	-	13:07	-	20	5:13	151	5:46	-	1:49:13	-	31	45:22	245	49:53	
Heuschnupfen At	-	0:13	-	30	0:08	236	0:09	-	1:49:26	-	31	45:29	243	50:02	
Schlammbowle E	-	3:00	-	22	1:17	163	1:19	-	1:52:26	-	29	46:46	241	51:20	
Schlammbowle A	-	1:25	-	26	0:47	195	0:51	-	1:53:51	-	31	47:33	247	52:09	
Sportplatz Mühlb	8.00	4:13	-	29	0:55	201	1:02	16.00	1:58:04	7:22	24	48:28	172	52:54	