



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Heß, Andreas

Club: Coburg Locals / RunningBros
Number: 603

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:46:10

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 106 (of 304)

Rank in course/Men: 101 (of 252)

Best time in course: 1:05:10

Rank in category: 17(of 35)

Best time in the category: 1:17:46

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 +	-	2:47	-	12	1:22	110	1:45	-	2:47	-	12	1:22	110	1:45	
Himmelsleiter +	-	4:51	-	14	1:50	129	2:19	-	7:38	-	14	3:11	120	4:04	
Nordwand + Dov	-	5:40	-	12	1:21	81	1:57	-	13:18	-	12	4:32	108	6:01	
Nordwand + Dov	-	2:01	-	15	0:40	101	0:52	-	15:19	-	13	5:12	107	6:51	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	17:03	-	23	16:43	178	16:50	-	32:22	-	31	9:14	214	12:52	
Pneumant Einstie	-	0:35	-	6	0:11	34	0:21	-	32:57	-	31	9:23	230	13:05	
Pneumant Aussti	-	0:06	-	7	0:04	43	0:05	-	33:03	-	35	9:24	247	13:05	
Heuschneppen Ei	-	11:39	-	13	2:46	89	4:20	-	44:42	-	33	12:10	242	17:25	
Heuschneppen Ai	-	0:06	-	6	0:01	50	0:02	-	44:48	-	33	12:10	242	17:27	
Schlammbowle E	-	2:30	-	8	0:26	52	0:47	-	47:18	-	33	12:36	241	18:13	
Schlammbowle A	-	1:20	-	24	0:34	182	0:46	-	48:38	-	34	13:10	248	18:58	
Himmelsleiter +	-	4:55	-	20	1:31	135	2:12	-	53:33	-	34	14:41	244	21:03	
Himmelsleiter +	-	4:27	-	10	1:02	75	1:40	-	58:00	-	34	15:43	51	22:37	
Nordwand + Dov	-	6:13	-	13	1:30	84	2:15	-	1:04:13	-	34	17:13	244	24:49	
Nordwand + Dov	-	1:53	-	8	0:28	63	0:49	-	1:06:06	-	34	17:41	244	25:31	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	19:03	-	29	18:51	205	18:52	-	1:25:09	-	32	23:13	223	33:32	
Pneumant Einstie	-	1:21	-	18	1:01	134	1:01	-	1:26:30	-	26	24:09	196	34:33	
Pneumant Aussti	-	0:08	-	13	0:05	103	0:06	-	1:26:38	-	36	24:13	245	34:39	
Heuschneppen Ei	-	11:41	-	13	2:45	82	4:20	-	1:38:19	-	36	26:58	245	38:59	
Heuschneppen Ai	-	0:06	-	8	0:01	58	0:02	-	1:38:25	-	36	26:59	243	39:01	
Schlammbowle E	-	2:33	-	10	0:29	65	0:52	-	1:40:58	-	34	27:28	43	39:52	
Schlammbowle A	-	1:26	-	27	0:42	198	0:52	-	1:42:24	-	36	28:07	247	40:42	
Sportplatz Mühlb	8.00	3:46	-	11	0:17	63	0:35	16.00	1:46:10	6:38	17	28:24	101	41:00	