



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Müller, Thoralf

Club: Sagasser läuft
Number: 427

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:13:57

Speed: 7.17 km/h
Running performance: 8:22 min/km

Rank in course/Total: 261 (of 304)

Rank in course/Men: 230 (of 252)

Best time in course: 1:05:10

Rank in category: 33(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 +	-	4:45	-	32	3:20	231	3:43	-	4:45	-	32	3:20	231	3:43
Himmelsleiter +	-	5:14	-	27	2:13	187	2:42	-	9:59	-	31	5:32	223	6:25
Nordwand + Dov	-	6:40	-	29	2:21	199	2:57	-	16:39	-	31	7:53	219	9:22
Nordwand + Dov	-	2:35	-	30	1:14	227	1:26	-	19:14	-	31	9:07	223	10:46
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	20:40	-	29	20:20	207	20:27	-	39:54	-	31	16:46	214	20:24
Pneumant Einstie	-	1:13	-	20	0:49	142	0:59	-	41:07	-	31	17:33	230	21:15
Pneumant Aussti	-	0:18	-	28	0:16	219	0:17	-	41:25	-	35	17:46	247	21:27
Heuschnupfen Ei	-	13:38	-	27	4:45	203	6:19	-	55:03	-	33	22:31	242	27:46
Heuschnupfen Ai	-	0:08	-	25	0:03	194	0:04	-	55:11	-	33	22:33	242	27:50
Schlammbowle E	-	3:12	-	29	1:08	221	1:29	-	58:23	-	33	23:41	241	29:18
Schlammbowle A	-	1:32	-	31	0:46	218	0:58	-	59:55	-	34	24:27	248	30:15
Himmelsleiter +	-	6:08	-	32	2:44	227	3:25	-	1:06:03	-	34	27:11	244	33:33
Himmelsleiter +	-	5:37	-	30	2:12	219	2:50	-	1:11:40	-	34	29:23	244	36:17
Nordwand + Dov	-	7:56	-	29	3:13	214	3:58	-	1:19:36	-	34	32:36	244	40:12
Nordwand + Dov	-	2:31	-	31	1:06	226	1:27	-	1:22:07	-	34	33:42	244	41:32
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	24:20	-	24	24:00	194	24:00	-	1:46:27	-	26	44:06	196	54:30
Pneumant Aussti	-	0:11	-	22	0:08	174	0:09	-	1:46:38	-	36	44:13	245	54:39
Heuschnupfen Ei	-	16:40	-	34	7:44	238	9:19	-	2:03:18	-	36	51:57	245	1:03:58
Heuschnupfen Ai	-	0:08	-	25	0:03	189	0:04	-	2:03:26	-	36	52:00	243	1:04:02
Schlammbowle E	-	3:38	-	30	1:34	231	1:57	-	2:07:04	-	34	53:34	241	1:05:58
Schlammbowle A	-	2:29	-	33	1:45	238	1:55	-	2:09:33	-	36	55:16	247	1:07:51
Sportplatz Mühlb	8.00	4:24	-	31	0:55	226	1:13	16.00	2:13:57	8:22	33	56:11	230	1:08:47