



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Humbek, Frank

Club: RAD-ART Gotha  
Number: 492

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:40:51

Speed: 9.52 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 68 (of 304)

Rank in course/Men: 63 (of 252)

Best time in course: 1:05:10

Rank in category: 8(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 +	-	2:37	-	8	1:12	88	1:35	-	2:37	-	8	1:12	88	1:35	
Himmelsleiter +	-	4:18	-	9	1:17	76	1:46	-	6:55	-	9	2:28	82	3:21	
Nordwand + Dov	-	5:41	-	14	1:22	86	1:58	-	12:36	-	10	3:50	76	5:19	
Nordwand + Dov	-	1:48	-	9	0:27	51	0:39	-	14:24	-	10	4:17	76	5:56	
Duckmäuser Eins	-	16:08	-	7	3:27	42	5:28	-	30:32	-	6	7:44	43	11:16	
Duckmäuser Aus	-	0:22	-	3	0:02	37	0:09	-	30:54	-	6	7:46	42	11:24	
Pneumant Einstie	-	0:41	-	10	0:17	54	0:27	-	31:35	-	6	8:01	39	11:43	
Pneumant Aussti	-	0:10	-	22	0:08	164	0:09	-	31:45	-	6	8:06	38	11:47	
Heuschupfen Ei	-	11:19	-	8	2:26	66	4:00	-	43:04	-	5	10:32	38	15:47	
Heuschupfen Ai	-	0:05	-	1	-	8	0:01	-	43:09	-	5	10:31	38	15:48	
Schlammbowle E	-	2:39	-	15	0:35	87	0:56	-	45:48	-	5	11:06	37	16:43	
Schlammbowle A	-	0:59	-	11	0:13	85	0:25	-	46:47	-	5	11:19	37	17:07	
Himmelsleiter +	-	4:38	-	16	1:14	101	1:55	-	51:25	-	5	12:33	37	18:55	
Himmelsleiter +	-	4:34	-	13	1:09	95	1:47	-	55:59	-	6	13:42	40	20:36	
Nordwand + Dov	-	6:25	-	19	1:42	106	2:27	-	1:02:24	-	7	15:24	42	23:00	
Nordwand + Dov	-	1:51	-	6	0:26	56	0:47	-	1:04:15	-	7	15:50	42	23:40	
Duckmäuser Eins	-	16:52	-	9	16:35	50	16:35	-	1:21:07	-	6	19:33	39	29:43	
Duckmäuser Aus	-	0:25	-	13	0:13	88	0:14	-	1:21:32	-	6	19:36	39	29:55	
Pneumant Einstie	-	0:40	-	8	0:20	36	0:20	-	1:22:12	-	5	19:51	34	30:15	
Pneumant Aussti	-	0:05	-	4	0:02	34	0:03	-	1:22:17	-	5	19:52	34	30:18	
Heuschupfen Ei	-	11:09	-	8	2:13	56	3:48	-	1:33:26	-	5	22:05	34	34:06	
Heuschupfen Ai	-	0:06	-	8	0:01	58	0:02	-	1:33:32	-	5	22:06	34	34:08	
Schlammbowle E	-	2:34	-	11	0:30	66	0:53	-	1:36:06	-	5	22:36	33	35:00	
Schlammbowle A	-	0:56	-	7	0:12	45	0:22	-	1:37:02	-	5	22:45	33	35:20	
Sportplatz Mühlb	8.00	3:49	-	12	0:20	80	0:38	16.00	1:40:51	6:18	8	23:05	63	35:41	