



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Hauser, Jens

Club: Road runners
Number: 578

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:35:11

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 45 (of 304)

Rank in course/Men: 41 (of 252)

Best time in course: 1:05:10

Rank in category: 6(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 +	-	2:49	-	15	1:24	118	1:47	-	2:49	-	15	1:24	118	1:47	
Himmelsleiter +	-	4:36	-	11	1:35	104	2:04	-	7:25	-	11	2:58	109	3:51	
Nordwand + Dov	-	5:15	-	5	0:56	35	1:32	-	12:40	-	11	3:54	80	5:23	
Nordwand + Dov	-	1:47	-	7	0:26	47	0:38	-	14:27	-	11	4:20	78	5:59	
Duckmäuser Eins	-	14:55	-	4	2:14	23	4:15	-	29:22	-	4	6:34	30	10:06	
Duckmäuser Aus	-	0:20	-	1	-	26	0:07	-	29:42	-	4	6:34	30	10:12	
Pneumant Einstie	-	0:36	-	7	0:12	38	0:22	-	30:18	-	4	6:44	26	10:26	
Pneumant Aussti	-	0:09	-	16	0:07	133	0:08	-	30:27	-	4	6:48	25	10:29	
Heuschupfen Ei	-	11:00	-	6	2:07	48	3:41	-	41:27	-	4	8:55	25	14:10	
Heuschupfen Ai	-	0:05	-	1	-	8	0:01	-	41:32	-	4	8:54	25	14:11	
Schlammbowle E	-	2:26	-	7	0:22	37	0:43	-	43:58	-	4	9:16	24	14:53	
Schlammbowle A	-	0:59	-	11	0:13	85	0:25	-	44:57	-	4	9:29	25	15:17	
Himmelsleiter +	-	4:06	-	6	0:42	38	1:23	-	49:03	-	4	10:11	25	16:33	
Himmelsleiter +	-	3:55	-	4	0:30	29	1:08	-	52:58	-	4	10:41	25	17:35	
Nordwand + Dov	-	5:34	-	4	0:51	32	1:36	-	58:32	-	4	11:32	25	19:08	
Nordwand + Dov	-	1:53	-	8	0:28	63	0:49	-	1:00:25	-	4	12:00	25	19:50	
Duckmäuser Eins	-	16:02	-	7	15:45	36	15:45	-	1:16:27	-	4	14:53	25	25:03	
Duckmäuser Aus	-	0:25	-	13	0:13	88	0:14	-	1:16:52	-	4	14:56	25	25:15	
Pneumant Einstie	-	0:31	-	3	0:11	14	0:11	-	1:17:23	-	4	15:02	24	25:26	
Pneumant Aussti	-	0:07	-	10	0:04	80	0:05	-	1:17:30	-	4	15:05	24	25:31	
Heuschupfen Ei	-	10:35	-	7	1:39	34	3:14	-	1:28:05	-	4	16:44	24	28:45	
Heuschupfen Ai	-	0:05	-	1	-	9	0:01	-	1:28:10	-	4	16:44	24	28:46	
Schlammbowle E	-	2:24	-	7	0:20	37	0:43	-	1:30:34	-	4	17:04	24	29:28	
Schlammbowle A	-	0:59	-	9	0:15	58	0:25	-	1:31:33	-	4	17:16	24	29:51	
Sportplatz Mühlb	8.00	3:38	-	6	0:09	32	0:27	16.00	1:35:11	5:56	6	17:25	41	30:01	