



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Werner, Frank

Club: Rolschtrunners  
Number: 481

Course: 16.00 km  
Expert

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:15:21

Speed: 7.09 km/h  
Running performance: 8:28 min/km

Rank in course/Total: 265 (of 304)

Rank in course/Men: 232 (of 252)

Best time in course: 1:05:10

Rank in category: 10(of 12)

Best time in the category: 1:48:03

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 +	-	4:09	-	9	1:39	201	3:07	-	4:09	-	9	1:39	201	3:07
Himmelsleiter +	-	5:19	-	11	1:10	202	2:47	-	9:28	-	9	2:49	202	5:54
Nordwand + Dov	-	6:45	-	11	1:14	205	3:02	-	16:13	-	9	3:37	205	8:56
Nordwand + Dov	-	2:05	-	2	0:12	122	0:56	-	18:18	-	9	3:49	202	9:50
Duckmäuser Eins	-	21:32	-	10	4:09	149	10:52	-	39:50	-	10	7:29	138	20:34
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	1:42	-	9	0:58	178	1:28	-	41:32	-	13	7:46	230	21:40
Pneumant Aussti	-	0:13	-	11	0:09	207	0:12	-	41:45	-	13	7:50	247	21:47
Heuschupfen Ei	-	14:04	-	11	2:08	222	6:45	-	55:49	-	12	9:27	242	28:32
Heuschupfen Ai	-	0:08	-	9	0:03	194	0:04	-	55:57	-	13	9:29	242	28:36
Schlammbowle E	-	3:16	-	10	0:36	226	1:33	-	59:13	-	12	9:51	241	30:08
Schlammbowle A	-	1:28	-	9	0:26	207	0:54	-	1:00:41	-	13	10:17	248	31:01
Himmelsleiter +	-	6:18	-	10	2:08	230	3:35	-	1:06:59	-	12	11:19	244	34:29
Himmelsleiter +	-	5:21	-	9	0:45	204	2:34	-	1:12:20	-	12	11:29	244	36:57
Nordwand + Dov	-	8:40	-	10	2:28	237	4:42	-	1:21:00	-	12	13:44	244	41:36
Nordwand + Dov	-	2:21	-	7	0:20	192	1:17	-	1:23:21	-	12	13:57	244	42:46
Duckmäuser Eins	-	23:05	-	10	5:39	175	22:48	-	1:46:26	-	12	19:36	191	55:02
Duckmäuser Aus	-	0:41	-	9	0:18	176	0:30	-	1:47:07	-	12	19:48	223	55:30
Pneumant Einstie	-	1:28	-	8	0:38	143	1:08	-	1:48:35	-	12	20:26	196	56:38
Pneumant Aussti	-	0:12	-	9	0:07	181	0:10	-	1:48:47	-	12	20:29	245	56:48
Heuschupfen Ei	-	16:23	-	11	4:28	237	9:02	-	2:05:10	-	12	24:57	245	1:05:50
Heuschupfen Ai	-	0:07	-	4	0:01	132	0:03	-	2:05:17	-	12	24:56	243	1:05:53
Schlammbowle E	-	3:20	-	10	0:51	214	1:39	-	2:08:37	-	11	25:37	241	1:07:31
Schlammbowle A	-	2:18	-	10	1:07	236	1:44	-	2:10:55	-	12	26:38	247	1:09:13
Sportplatz Mühlb	8.00	4:26	-	10	0:40	229	1:15	16.00	2:15:21	8:27	10	27:18	232	1:10:11