



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Bing, Holger

Club: Krayenberg-Schnecken
Number: 664

Course: 16.00 km
Expert

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:39:33

Speed: 9.64 km/h
Running performance: 6:13 min/km

Rank in course/Total: 62 (of 304)

Rank in course/Men: 57 (of 252)

Best time in course: 1:05:10

Rank in category: 1(of 1)

Best time in the category: 1:39:33

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	-	1	-	88	1:35	-	2:37	-	1	-	88	1:35	
Himmelsleiter +	-	4:38	-	1	-	108	2:06	-	7:15	-	1	-	99	3:41	
Nordwand + Dov	-	5:31	-	1	-	65	1:48	-	12:46	-	1	-	84	5:29	
Nordwand + Dov	-	1:43	-	1	-	35	0:34	-	14:29	-	1	-	79	6:01	
Duckmäuser Eins	-	15:32	-	1	-	27	4:52	-	30:01	-	1	-	39	10:45	
Duckmäuser Aus	-	0:26	-	1	-	85	0:13	-	30:27	-	1	-	39	10:57	
Pneumant Einstie	-	0:34	-	1	-	31	0:20	-	31:01	-	1	-	35	11:09	
Pneumant Aussti	-	0:06	-	1	-	43	0:05	-	31:07	-	1	-	34	11:09	
Heuschupfen Ei	-	11:16	-	1	-	61	3:57	-	42:23	-	1	-	35	15:06	
Heuschupfen Ai	-	0:06	-	1	-	50	0:02	-	42:29	-	1	-	35	15:08	
Schlammbowle E	-	2:40	-	1	-	91	0:57	-	45:09	-	1	-	35	16:04	
Schlammbowle A	-	0:57	-	1	-	69	0:23	-	46:06	-	1	-	35	16:26	
Himmelsleiter +	-	4:08	-	1	-	41	1:25	-	50:14	-	1	-	31	17:44	
Himmelsleiter +	-	4:17	-	1	-	55	1:30	-	54:31	-	1	-	31	19:08	
Nordwand + Dov	-	6:02	-	1	-	63	2:04	-	1:00:33	-	1	-	31	21:09	
Nordwand + Dov	-	1:45	-	1	-	38	0:41	-	1:02:18	-	1	-	31	21:43	
Duckmäuser Eins	-	17:05	-	1	-	56	16:48	-	1:19:23	-	1	-	31	27:59	
Duckmäuser Aus	-	0:25	-	1	-	88	0:14	-	1:19:48	-	1	-	31	28:11	
Pneumant Einstie	-	0:52	-	1	-	63	0:32	-	1:20:40	-	1	-	28	28:43	
Pneumant Aussti	-	0:13	-	1	-	188	0:11	-	1:20:53	-	1	-	28	28:54	
Heuschupfen Ei	-	11:08	-	1	-	54	3:47	-	1:32:01	-	1	-	28	32:41	
Heuschupfen Ai	-	0:06	-	1	-	58	0:02	-	1:32:07	-	1	-	28	32:43	
Schlammbowle E	-	2:37	-	1	-	74	0:56	-	1:34:44	-	1	-	30	33:38	
Schlammbowle A	-	1:01	-	1	-	66	0:27	-	1:35:45	-	1	-	31	34:03	
Sportplatz Mühlb	8.00	3:48	-	1	-	73	0:37	16.00	1:39:33	6:13	1	-	57	34:23	