



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Müller, Andre

Club: Kernkraft Gera
Number: 188

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:07

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 55 (of 292)

Rank in course/Men: 51 (of 192)

Best time in course: 38:15

Rank in category: 7(of 29)

Best time in the category: 43:19

Control	Intermediate times				Stage score				Total ranking					
	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 +	-	3:20	-	17	1:32	83	1:58	-	3:20	-	17	1:32	83	1:58
Himmelsleiter +	-	4:28	-	9	1:04	54	1:38	-	7:48	-	14	2:31	71	3:36
Nordwand + Dov	-	5:40	-	5	0:39	26	1:15	-	13:28	-	9	3:10	56	4:49
Nordwand + Dov	-	1:46	-	4	0:16	20	0:18	-	15:14	-	9	3:26	51	5:03
Duckmäuser Eins	-	17:13	-	7	3:11	41	4:52	-	32:27	-	8	6:37	43	9:41
Duckmäuser Aus	-	0:17	-	2	0:01	5	0:01	-	32:44	-	7	6:38	41	9:40
Pneumant Einstie	-	0:57	-	12	0:28	77	0:36	-	33:41	-	8	7:04	42	10:13
Pneumant Aussti	-	0:09	-	9	0:05	80	0:06	-	33:50	-	8	7:07	42	10:16
Heuschnupfen Ei	-	11:32	-	6	1:36	50	2:48	-	45:22	-	7	8:43	41	13:04
Heuschnupfen Ai	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Schlammbowle E	-	2:36	-	8	0:24	63	0:41	-	47:58	-	29	9:00	189	13:40
Schlammbowle A	-	1:00	-	8	0:18	70	0:26	-	48:58	-	30	9:15	191	14:06
Sportplatz Mühlb	8.00	4:09	-	17	0:33	103	0:46	8.00	53:07	6:38	7	9:48	51	14:52