



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 73

Course: 8.00 km
Sprint

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:04:31

Speed: 7.44 km/h
Running performance: 8:04 min/km

Rank in course/Total: 162 (of 292)

Rank in course/Men: 127 (of 192)

Best time in course: 38:15

Rank in category: 5(of 12)

Best time in the category: 42:47

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 +	-	4:04	-	5	2:19	127	2:42	-	4:04	-	5	2:19	127	2:42
Himmelsleiter +	-	5:39	-	7	2:20	134	2:49	-	9:43	-	5	4:39	127	5:31
Nordwand + Dov	-	7:12	-	8	2:22	137	2:47	-	16:55	-	7	7:01	135	8:16
Nordwand + Dov	-	2:22	-	5	0:45	85	0:54	-	19:17	-	7	7:46	135	9:06
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	22:50	-	12	22:42	189	22:47	-	42:07	-	13	15:47	192	18:33
Heuschnupfen Ei	-	13:20	-	5	3:41	109	4:36	-	55:27	-	13	19:28	188	23:09
Heuschnupfen Ai	-	0:06	-	6	0:01	65	0:02	-	55:33	-	13	19:29	190	23:11
Schlammbowle E	-	3:08	-	5	0:52	138	1:13	-	58:41	-	13	20:20	189	24:23
Schlammbowle A	-	1:23	-	5	0:34	136	0:49	-	1:00:04	-	13	20:54	191	25:12
Sportplatz Mühlb	8.00	4:27	-	7	0:50	146	1:04	8.00	1:04:31	8:03	5	21:44	127	26:16