



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Kießling, Jens

Club: KidsRun
Number: 502

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:43:02

Speed: 9.32 km/h
Running performance: 6:26 min/km

Rank in course/Total: 82 (of 304)

Rank in course/Men: 77 (of 252)

Best time in course: 1:05:10

Rank in category: 11(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 +	-	2:20	-	6	0:55	54	1:18	-	2:20	-	6	0:55	54	1:18	
Himmelsleiter +	-	4:12	-	8	1:11	68	1:40	-	6:32	-	7	2:05	64	2:58	
Nordwand + Dov	-	5:43	-	16	1:24	94	2:00	-	12:15	-	7	3:29	63	4:58	
Nordwand + Dov	-	1:55	-	12	0:34	80	0:46	-	14:10	-	7	4:03	64	5:42	
Duckmäuser Eins	-	17:04	-	12	4:23	67	6:24	-	31:14	-	7	8:26	53	11:58	
Duckmäuser Aus	-	0:27	-	12	0:07	92	0:14	-	31:41	-	7	8:33	53	12:11	
Pneumant Einstie	-	1:04	-	18	0:40	117	0:50	-	32:45	-	7	9:11	53	12:53	
Pneumant Aussti	-	0:02	-	1	-	2	0:01	-	32:47	-	7	9:08	52	12:49	
Heuschupfen Ei	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Heuschupfen Ai	-	11:19	-	32	11:14	238	11:15	-	44:06	-	33	11:28	242	16:45	
Schlammbowle E	-	2:43	-	18	0:39	111	1:00	-	46:49	-	33	12:07	46	17:44	
Schlammbowle A	-	0:58	-	10	0:12	77	0:24	-	47:47	-	34	12:19	248	18:07	
Himmelsleiter +	-	4:35	-	15	1:11	95	1:52	-	52:22	-	34	13:30	244	19:52	
Himmelsleiter +	-	4:35	-	15	1:10	99	1:48	-	56:57	-	34	14:40	244	21:34	
Nordwand + Dov	-	6:24	-	18	1:41	105	2:26	-	1:03:21	-	34	16:21	244	23:57	
Nordwand + Dov	-	1:53	-	8	0:28	63	0:49	-	1:05:14	-	34	16:49	244	24:39	
Duckmäuser Eins	-	17:33	-	11	17:16	69	17:16	-	1:22:47	-	26	21:13	191	31:23	
Duckmäuser Aus	-	0:21	-	3	0:09	35	0:10	-	1:23:08	-	32	21:12	223	31:31	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:57	-	31	0:54	211	0:55	-	1:24:05	-	36	21:40	245	32:06	
Heuschupfen Ei	-	11:09	-	8	2:13	56	3:48	-	1:35:14	-	36	23:53	245	35:54	
Heuschupfen Ai	-	0:06	-	8	0:01	58	0:02	-	1:35:20	-	36	23:54	243	35:56	
Schlammbowle E	-	2:38	-	13	0:34	78	0:57	-	1:37:58	-	34	24:28	241	36:52	
Schlammbowle A	-	1:09	-	14	0:25	107	0:35	-	1:39:07	-	36	24:50	247	37:25	
Sportplatz Mühlb	8.00	3:55	-	15	0:26	115	0:44	16.00	1:43:02	6:26	11	25:16	77	37:52	