



# Helbing King of Cross

Mühlberg / 01.11.2015

## Detailed evaluation

Gülecoğlu, Devrim

Club: DEVRUN  
Number: 577

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:53:17

Speed: 8.47 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 149 (of 304)

Rank in course/Men: 139 (of 252)

Best time in course: 1:05:10

Rank in category: 22(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 +    | -        | 2:48       | -            | 13          | 1:23        | 113     | 1:46       | -             | 2:48       | -            | 13       | 1:23        | 113     | 1:46       |
| Himmelsleiter +    | -        | 4:54       | -            | 19          | 1:53        | 136     | 2:22       | -             | 7:42       | -            | 16       | 3:15        | 125     | 4:08       |
| Nordwand + Dov     | -        | 6:07       | -            | 21          | 1:48        | 149     | 2:24       | -             | 13:49      | -            | 18       | 5:03        | 133     | 6:32       |
| Nordwand + Dov     | -        | 2:10       | -            | 22          | 0:49        | 147     | 1:01       | -             | 15:59      | -            | 17       | 5:52        | 130     | 7:31       |
| Duckmäuser Eins    | -        | fehlt!     | -            | -           | -           | -       | -          | -             | -          | -            | -        | -           | -       | -          |
| Duckmäuser Aus     | -        | 19:01      | -            | 25          | 18:41       | 198     | 18:48      | -             | 35:00      | -            | 31       | 11:52       | 90      | 15:30      |
| Pneumant Einstie   | -        | 1:22       | -            | 23          | 0:58        | 164     | 1:08       | -             | 36:22      | -            | 31       | 12:48       | 230     | 16:30      |
| Pneumant Aussti    | -        | 0:09       | -            | 16          | 0:07        | 133     | 0:08       | -             | 36:31      | -            | 35       | 12:52       | 247     | 16:33      |
| Heuschupfen Ei     | -        | 13:49      | -            | 29          | 4:56        | 209     | 6:30       | -             | 50:20      | -            | 33       | 17:48       | 242     | 23:03      |
| Heuschupfen Ai     | -        | 0:07       | -            | 18          | 0:02        | 139     | 0:03       | -             | 50:27      | -            | 33       | 17:49       | 242     | 23:06      |
| Schlammbowle E     | -        | 2:47       | -            | 20          | 0:43        | 131     | 1:04       | -             | 53:14      | -            | 33       | 18:32       | 241     | 24:09      |
| Schlammbowle A     | -        | 1:08       | -            | 19          | 0:22        | 131     | 0:34       | -             | 54:22      | -            | 34       | 18:54       | 248     | 24:42      |
| Himmelsleiter +    | -        | 5:32       | -            | 28          | 2:08        | 210     | 2:49       | -             | 59:54      | -            | 34       | 21:02       | 244     | 27:24      |
| Himmelsleiter +    | -        | 5:02       | -            | 24          | 1:37        | 165     | 2:15       | -             | 1:04:56    | -            | 34       | 22:39       | 244     | 29:33      |
| Nordwand + Dov     | -        | 6:23       | -            | 17          | 1:40        | 103     | 2:25       | -             | 1:11:19    | -            | 34       | 24:19       | 244     | 31:55      |
| Nordwand + Dov     | -        | 2:14       | -            | 27          | 0:49        | 176     | 1:10       | -             | 1:13:33    | -            | 34       | 25:08       | 244     | 32:58      |
| Duckmäuser Eins    | -        | 18:37      | -            | 16          | 18:20       | 97      | 18:20      | -             | 1:32:10    | -            | 26       | 30:36       | 73      | 40:46      |
| Duckmäuser Aus     | -        | 0:12       | -            | 1           | -           | 2       | 0:01       | -             | 1:32:22    | -            | 32       | 30:26       | 71      | 40:45      |
| Pneumant Einstie   | -        | 0:53       | -            | 11          | 0:33        | 76      | 0:33       | -             | 1:33:15    | -            | 26       | 30:54       | 196     | 41:18      |
| Pneumant Aussti    | -        | 0:08       | -            | 13          | 0:05        | 103     | 0:06       | -             | 1:33:23    | -            | 36       | 30:58       | 245     | 41:24      |
| Heuschupfen Ei     | -        | 11:57      | -            | 17          | 3:01        | 98      | 4:36       | -             | 1:45:20    | -            | 36       | 33:59       | 245     | 46:00      |
| Heuschupfen Ai     | -        | 0:06       | -            | 8           | 0:01        | 58      | 0:02       | -             | 1:45:26    | -            | 36       | 34:00       | 243     | 46:02      |
| Schlammbowle E     | -        | 2:44       | -            | 19          | 0:40        | 107     | 1:03       | -             | 1:48:10    | -            | 34       | 34:40       | 241     | 47:04      |
| Schlammbowle A     | -        | 1:09       | -            | 14          | 0:25        | 107     | 0:35       | -             | 1:49:19    | -            | 36       | 35:02       | 247     | 47:37      |
| Sportplatz Mühlb   | 8.00     | 3:58       | -            | 20          | 0:29        | 132     | 0:47       | 16.00         | 1:53:17    | 7:04         | 22       | 35:31       | 139     | 48:07      |