



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Fromm, Sebastian

Club: Heiligenstadt
Number: 629

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:45:49

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 102 (of 304)

Rank in course/Men: 97 (of 252)

Best time in course: 1:05:10

Rank in category: 19(of 53)

Best time in the category: 1:09:26

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 +	-	2:42	-	16	1:35	102	1:40	-	2:42	-	16	1:35	102	1:40	
Himmelsleiter +	-	4:30	-	18	1:41	94	1:58	-	7:12	-	16	3:16	97	3:38	
Nordwand + Dov	-	5:11	-	6	1:16	31	1:28	-	12:23	-	12	4:32	69	5:06	
Nordwand + Dov	-	1:52	-	11	0:36	69	0:43	-	14:15	-	11	4:58	68	5:47	
Duckmäuser Eins	-	16:05	-	10	4:47	39	5:25	-	30:20	-	7	9:45	41	11:04	
Duckmäuser Aus	-	1:01	-	31	0:44	155	0:48	-	31:21	-	8	10:25	48	11:51	
Pneumant Einstie	-	1:05	-	25	0:45	119	0:51	-	32:26	-	10	11:10	50	12:34	
Pneumant Aussti	-	0:11	-	43	0:09	190	0:10	-	32:37	-	10	11:17	50	12:39	
Heuschnupfen Ei	-	11:30	-	14	3:35	77	4:11	-	44:07	-	10	14:52	47	16:50	
Heuschnupfen Ai	-	0:06	-	13	0:02	50	0:02	-	44:13	-	10	14:53	47	16:52	
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Schlammbowle A	-	4:04	-	50	3:28	245	3:30	-	48:17	-	52	16:35	248	18:37	
Himmelsleiter +	-	4:32	-	17	1:31	87	1:49	-	52:49	-	51	18:06	244	20:19	
Himmelsleiter +	-	4:45	-	20	1:42	123	1:58	-	57:34	-	51	19:48	244	22:11	
Nordwand + Dov	-	6:18	-	17	2:08	95	2:20	-	1:03:52	-	51	21:56	244	24:28	
Nordwand + Dov	-	1:59	-	20	0:36	104	0:55	-	1:05:51	-	51	22:31	50	25:16	
Duckmäuser Eins	-	18:13	-	20	6:22	89	17:56	-	1:24:04	-	41	28:53	191	32:40	
Duckmäuser Aus	-	1:13	-	39	0:58	186	1:02	-	1:25:17	-	48	29:49	223	33:40	
Pneumant Einstie	-	1:00	-	17	0:39	92	0:40	-	1:26:17	-	46	30:28	196	34:20	
Pneumant Aussti	-	0:06	-	11	0:04	52	0:04	-	1:26:23	-	51	30:30	245	34:24	
Heuschnupfen Ei	-	11:49	-	16	3:51	93	4:28	-	1:38:12	-	51	34:21	245	38:52	
Heuschnupfen Ai	-	0:05	-	3	0:01	9	0:01	-	1:38:17	-	51	34:22	243	38:53	
Schlammbowle E	-	2:28	-	9	0:47	48	0:47	-	1:40:45	-	52	35:09	241	39:39	
Schlammbowle A	-	1:15	-	33	0:36	141	0:41	-	1:42:00	-	52	35:45	247	40:18	
Sportplatz Mühlb	8.00	3:49	-	14	0:38	80	0:38	16.00	1:45:49	6:36	19	36:23	97	40:39	