



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Matthias, Uhlig

Club: Quarksahne Team
Number: 177

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:55:32

Speed: 8.31 km/h
Running performance: 7:13 min/km

Rank in course/Total: 172 (of 304)

Rank in course/Men: 160 (of 252)

Best time in course: 1:05:10

Rank in category: 25(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 +	-	3:06	-	20	1:41	141	2:04	-	3:06	-	20	1:41	141	2:04	
Himmelsleiter +	-	5:01	-	22	2:00	149	2:29	-	8:07	-	20	3:40	144	4:33	
Nordwand + Dov	-	6:09	-	23	1:50	154	2:26	-	14:16	-	20	5:30	143	6:59	
Nordwand + Dov	-	2:10	-	22	0:49	147	1:01	-	16:26	-	19	6:19	141	7:58	
Duckmäuser Eins	-	18:15	-	15	5:34	101	7:35	-	34:41	-	14	11:53	94	15:25	
Duckmäuser Aus	-	0:27	-	12	0:07	92	0:14	-	35:08	-	13	12:00	92	15:38	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:59	-	32	0:57	234	0:58	-	36:07	-	35	12:28	82	16:09	
Heuschupfen Ei	-	12:22	-	20	3:29	137	5:03	-	48:29	-	33	15:57	242	21:12	
Heuschupfen Ai	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Schlammbowle E	-	2:56	-	25	0:52	170	1:13	-	51:25	-	33	16:43	241	22:20	
Schlammbowle A	-	1:07	-	18	0:21	126	0:33	-	52:32	-	34	17:04	248	22:52	
Himmelsleiter +	-	5:13	-	23	1:49	178	2:30	-	57:45	-	34	18:53	244	25:15	
Himmelsleiter +	-	5:22	-	26	1:57	205	2:35	-	1:03:07	-	34	20:50	244	27:44	
Nordwand + Dov	-	7:01	-	25	2:18	165	3:03	-	1:10:08	-	34	23:08	244	30:44	
Nordwand + Dov	-	2:07	-	22	0:42	142	1:03	-	1:12:15	-	34	23:50	244	31:40	
Duckmäuser Eins	-	19:50	-	19	19:33	123	19:33	-	1:32:05	-	26	30:31	191	40:41	
Duckmäuser Aus	-	0:29	-	16	0:17	125	0:18	-	1:32:34	-	32	30:38	223	40:57	
Pneumant Einstie	-	1:23	-	19	1:03	137	1:03	-	1:33:57	-	26	31:36	196	42:00	
Pneumant Aussti	-	0:09	-	17	0:06	135	0:07	-	1:34:06	-	36	31:41	245	42:07	
Heuschupfen Ei	-	12:59	-	22	4:03	143	5:38	-	1:47:05	-	36	35:44	245	47:45	
Heuschupfen Ai	-	0:08	-	25	0:03	189	0:04	-	1:47:13	-	36	35:47	243	47:49	
Schlammbowle E	-	3:03	-	22	0:59	171	1:22	-	1:50:16	-	34	36:46	241	49:10	
Schlammbowle A	-	1:12	-	17	0:28	126	0:38	-	1:51:28	-	36	37:11	247	49:46	
Sportplatz Mühlb	8.00	4:04	-	22	0:35	166	0:53	16.00	1:55:32	7:13	25	37:46	160	50:22	