



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Füllgraf, Stefan

Club: Team Helbing
Number: 523

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:46:04

Speed: 9.05 km/h
Running performance: 6:38 min/km

Rank in course/Total: 105 (of 304)

Rank in course/Men: 100 (of 252)

Best time in course: 1:05:10

Rank in category: 16(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 +	-	3:09	-	21	1:44	144	2:07	-	3:09	-	21	1:44	144	2:07	
Himmelsleiter +	-	4:40	-	12	1:39	111	2:08	-	7:49	-	18	3:22	132	4:15	
Nordwand + Dov	-	5:42	-	15	1:23	91	1:59	-	13:31	-	14	4:45	122	6:14	
Nordwand + Dov	-	1:58	-	14	0:37	92	0:49	-	15:29	-	14	5:22	119	7:01	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	17:20	-	24	17:00	182	17:07	-	32:49	-	31	9:41	214	13:19	
Pneumant Einstie	-	0:41	-	10	0:17	54	0:27	-	33:30	-	31	9:56	230	13:38	
Pneumant Aussti	-	0:05	-	3	0:03	22	0:04	-	33:35	-	35	9:56	247	13:37	
Heuschnupfen Ei	-	12:03	-	16	3:10	111	4:44	-	45:38	-	33	13:06	242	18:21	
Heuschnupfen Ai	-	0:06	-	6	0:01	50	0:02	-	45:44	-	33	13:06	242	18:23	
Schlammbowle E	-	2:43	-	18	0:39	111	1:00	-	48:27	-	33	13:45	241	19:22	
Schlammbowle A	-	0:59	-	11	0:13	85	0:25	-	49:26	-	34	13:58	248	19:46	
Himmelsleiter +	-	4:43	-	18	1:19	110	2:00	-	54:09	-	34	15:17	244	21:39	
Himmelsleiter +	-	4:27	-	10	1:02	75	1:40	-	58:36	-	34	16:19	244	23:13	
Nordwand + Dov	-	6:04	-	11	1:21	70	2:06	-	1:04:40	-	34	17:40	244	25:16	
Nordwand + Dov	-	2:02	-	19	0:37	123	0:58	-	1:06:42	-	34	18:17	244	26:07	
Duckmäuser Eins	-	18:00	-	14	17:43	83	17:43	-	1:24:42	-	26	23:08	191	33:18	
Duckmäuser Aus	-	0:21	-	3	0:09	35	0:10	-	1:25:03	-	32	23:07	223	33:26	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:40	-	26	0:37	196	0:38	-	1:25:43	-	36	23:18	43	33:44	
Heuschnupfen Ei	-	12:15	-	20	3:19	112	4:54	-	1:37:58	-	36	26:37	245	38:38	
Heuschnupfen Ai	-	0:07	-	19	0:02	132	0:03	-	1:38:05	-	36	26:39	243	38:41	
Schlammbowle E	-	2:41	-	18	0:37	96	1:00	-	1:40:46	-	34	27:16	241	39:40	
Schlammbowle A	-	1:13	-	19	0:29	134	0:39	-	1:41:59	-	36	27:42	247	40:17	
Sportplatz Mühlb	8.00	4:05	-	23	0:36	171	0:54	16.00	1:46:04	6:37	16	28:18	100	40:54	