



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Schröder, Michael

Club: CRosstraining e.V.
Number: 543

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:29:58

Speed: 10.67 km/h
Running performance: 5:37 min/km

Rank in course/Total: 30 (of 304)

Rank in course/Men: 29 (of 252)

Best time in course: 1:05:10

Rank in category: 5(of 31)

Best time in the category: 1:09:36

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 +	-	2:00	-	4	0:48	32	0:58	-	2:00	-	4	0:48	32	0:58	
Himmelsleiter +	-	3:22	-	2	0:37	24	0:50	-	5:22	-	4	1:25	31	1:48	
Nordwand + Dov	-	4:58	-	4	1:03	24	1:15	-	10:20	-	4	2:28	28	3:03	
Nordwand + Dov	-	1:25	-	1	-	10	0:16	-	11:45	-	4	2:28	25	3:17	
Duckmäuser Eins	-	14:02	-	4	2:44	15	3:22	-	25:47	-	4	5:12	15	6:31	
Duckmäuser Aus	-	0:18	-	1	-	12	0:05	-	26:05	-	4	5:09	15	6:35	
Pneumant Einstie	-	0:35	-	7	0:14	34	0:21	-	26:40	-	4	5:23	15	6:48	
Pneumant Aussti	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Heuschnupfen Ei	-	9:52	-	4	1:59	24	2:33	-	36:32	-	32	7:16	242	9:15	
Heuschnupfen Ai	-	0:06	-	5	0:01	50	0:02	-	36:38	-	31	7:15	242	9:17	
Schlammbowle E	-	2:17	-	4	0:33	23	0:34	-	38:55	-	32	7:48	241	9:50	
Schlammbowle A	-	0:37	-	1	-	5	0:03	-	39:32	-	32	7:48	248	9:52	
Himmelsleiter +	-	4:14	-	7	1:14	51	1:31	-	43:46	-	31	9:02	244	11:16	
Himmelsleiter +	-	4:06	-	6	1:03	40	1:19	-	47:52	-	31	10:05	244	12:29	
Nordwand + Dov	-	5:35	-	5	1:25	33	1:37	-	53:27	-	31	11:30	244	14:03	
Nordwand + Dov	-	1:37	-	4	0:13	28	0:33	-	55:04	-	31	11:43	244	14:29	
Duckmäuser Eins	-	16:24	-	8	4:33	41	16:07	-	1:11:28	-	26	16:16	191	20:04	
Duckmäuser Aus	-	0:18	-	6	0:04	20	0:07	-	1:11:46	-	30	16:17	223	20:09	
Pneumant Einstie	-	0:42	-	9	0:21	42	0:22	-	1:12:28	-	28	16:38	196	20:31	
Pneumant Aussti	-	0:08	-	18	0:06	103	0:06	-	1:12:36	-	31	16:39	245	20:37	
Heuschnupfen Ei	-	10:35	-	5	2:41	34	3:14	-	1:23:11	-	31	19:20	245	23:51	
Heuschnupfen Ai	-	0:05	-	1	-	9	0:01	-	1:23:16	-	31	19:19	243	23:52	
Schlammbowle E	-	2:24	-	8	0:41	37	0:43	-	1:25:40	-	29	20:00	241	24:34	
Schlammbowle A	-	0:41	-	2	0:03	8	0:07	-	1:26:21	-	31	20:03	247	24:39	
Sportplatz Mühlb	8.00	3:37	-	3	0:19	29	0:26	16.00	1:29:58	5:37	5	20:22	29	24:48	