



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Lohoff, Christian

Club: Seamrog Rugby Norhausen  
Number: 525

Course: 16.00 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:45:28

Speed: 9.10 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 96 (of 304)

Rank in course/Men: 91 (of 252)

Best time in course: 1:05:10

Rank in category: 19(of 42)

Best time in the category: 1:05:21

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 +	-	4:05	-	36	3:03	197	3:03	-	4:05	-	36	3:03	197	3:03	
Himmelsleiter +	-	5:07	-	31	2:35	164	2:35	-	9:12	-	36	5:38	190	5:38	
Nordwand + Dov	-	5:39	-	17	1:56	78	1:56	-	14:51	-	31	7:34	163	7:34	
Nordwand + Dov	-	1:54	-	17	0:43	76	0:45	-	16:45	-	27	8:17	153	8:17	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Einstie	-	17:00	-	36	16:46	204	16:46	-	33:45	-	42	9:42	230	13:53	
Pneumant Aussti	-	0:05	-	4	0:04	22	0:04	-	33:50	-	43	9:42	247	13:52	
Heuschnupfen Ei	-	11:10	-	15	3:40	59	3:51	-	45:00	-	42	11:56	242	17:43	
Heuschnupfen Ai	-	0:06	-	10	0:02	50	0:02	-	45:06	-	43	11:56	242	17:45	
Schlammbowle E	-	2:31	-	13	0:48	55	0:48	-	47:37	-	43	12:18	241	18:32	
Schlammbowle A	-	0:48	-	7	0:14	28	0:14	-	48:25	-	43	12:29	248	18:45	
Himmelsleiter +	-	4:47	-	21	2:04	119	2:04	-	53:12	-	43	13:55	244	20:42	
Himmelsleiter +	-	4:29	-	16	1:42	82	1:42	-	57:41	-	43	14:54	244	22:18	
Nordwand + Dov	-	6:17	-	19	2:19	94	2:19	-	1:03:58	-	43	16:21	244	24:34	
Nordwand + Dov	-	1:46	-	9	0:42	42	0:42	-	1:05:44	-	43	16:37	244	25:09	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	19:04	-	40	19:02	238	19:02	-	1:24:48	-	43	21:45	245	32:49	
Heuschnupfen Ei	-	12:17	-	23	4:50	114	4:56	-	1:37:05	-	43	25:09	245	37:45	
Heuschnupfen Ai	-	0:06	-	10	0:02	58	0:02	-	1:37:11	-	42	25:10	243	37:47	
Schlammbowle E	-	2:48	-	24	1:05	125	1:07	-	1:39:59	-	42	25:57	241	38:53	
Schlammbowle A	-	1:18	-	27	0:44	164	0:44	-	1:41:17	-	43	26:32	247	39:35	
Sportplatz Mühlb	8.00	4:11	-	35	0:53	194	1:00	16.00	1:45:28	6:35	19	40:07	91	40:18	