



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Reiß, Mike

Club: Coburg Locals / RunningBros  
Number: 602

Course: 16.00 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:47:27

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 112 (of 304)

Rank in course/Men: 106 (of 252)

Best time in course: 1:05:10

Rank in category: 22(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 +	-	2:44	-	20	1:42	104	1:42	-	2:44	-	20	1:42	104	1:42	
Himmelsleiter +	-	4:52	-	22	2:20	132	2:20	-	7:36	-	22	4:02	118	4:02	
Nordwand + Dov	-	5:41	-	19	1:58	86	1:58	-	13:17	-	21	6:00	107	6:00	
Nordwand + Dov	-	2:01	-	22	0:50	101	0:52	-	15:18	-	21	6:50	106	6:50	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	17:11	-	25	16:56	181	16:58	-	32:29	-	35	8:50	214	12:59	
Pneumant Einstie	-	0:22	-	2	0:08	6	0:08	-	32:51	-	42	8:48	230	12:59	
Pneumant Aussti	-	0:07	-	16	0:06	72	0:06	-	32:58	-	43	8:50	247	13:00	
Heuschupfen Ei	-	11:46	-	18	4:16	96	4:27	-	44:44	-	42	11:40	242	17:27	
Heuschupfen Ai	-	0:09	-	35	0:05	210	0:05	-	44:53	-	43	11:43	242	17:32	
Schlammbowle E	-	2:33	-	15	0:50	64	0:50	-	47:26	-	43	12:07	241	18:21	
Schlammbowle A	-	1:12	-	29	0:38	145	0:38	-	48:38	-	43	12:42	248	18:58	
Himmelsleiter +	-	4:56	-	28	2:13	142	2:13	-	53:34	-	43	14:17	244	21:04	
Himmelsleiter +	-	4:30	-	18	1:43	86	1:43	-	58:04	-	43	15:17	244	22:41	
Nordwand + Dov	-	6:15	-	18	2:17	91	2:17	-	1:04:19	-	43	16:42	244	24:55	
Nordwand + Dov	-	1:55	-	17	0:51	75	0:51	-	1:06:14	-	43	17:07	244	25:39	
Duckmäuser Eins	-	18:48	-	16	7:57	101	18:31	-	1:25:02	-	32	22:47	191	33:38	
Duckmäuser Aus	-	0:37	-	27	0:21	168	0:26	-	1:25:39	-	37	23:04	223	34:02	
Pneumant Einstie	-	1:14	-	18	0:52	121	0:54	-	1:26:53	-	31	23:54	196	34:56	
Pneumant Aussti	-	0:09	-	23	0:07	135	0:07	-	1:27:02	-	43	23:59	245	35:03	
Heuschupfen Ei	-	12:15	-	22	4:48	112	4:54	-	1:39:17	-	43	27:21	245	39:57	
Heuschupfen Ai	-	0:06	-	10	0:02	58	0:02	-	1:39:23	-	42	27:22	243	39:59	
Schlammbowle E	-	2:52	-	28	1:09	140	1:11	-	1:42:15	-	42	28:13	241	41:09	
Schlammbowle A	-	1:17	-	25	0:43	154	0:43	-	1:43:32	-	43	28:47	247	41:50	
Sportplatz Mühlb	8.00	3:55	-	21	0:37	115	0:44	16.00	1:47:27	6:42	22	42:06	106	42:17	