



# Helbing King of Cross

Mühlberg / 01.11.2015

## Detailed evaluation

**Akatev, Alexander**

Club: Gotha  
Number: 375

Course: 16.00 km  
Expert

Category:  
Männer (20-29 Jahre)

Total time: 1:45:47

Speed: 9.08 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 101 (of 304)

Rank in course/Men: 96 (of 252)

Best time in course: 1:05:10

Rank in category: 28(of 74)

Best time in the category: 1:05:10

| 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 +    | -        | 2:57       | -            | 45       | 1:55        | 128         | 1:55       | -        | 2:57       | -             | 45       | 1:55        | 128     | 1:55       |  |
| Himmelsleiter +    | -        | 4:45       | -            | 43       | 2:06        | 117         | 2:13       | -        | 7:42       | -             | 44       | 4:01        | 125     | 4:08       |  |
| Nordwand + Dov     | -        | 5:41       | -            | 24       | 1:55        | 86          | 1:58       | -        | 13:23      | -             | 41       | 5:56        | 115     | 6:06       |  |
| Nordwand + Dov     | -        | 2:00       | -            | 29       | 0:51        | 98          | 0:51       | -        | 15:23      | -             | 39       | 6:47        | 114     | 6:55       |  |
| Duckmäuser Eins    | -        | 16:55      | -            | 17       | 6:15        | 63          | 6:15       | -        | 32:18      | -             | 19       | 13:02       | 61      | 13:02      |  |
| Duckmäuser Aus     | -        | 0:21       | -            | 14       | 0:08        | 30          | 0:08       | -        | 32:39      | -             | 19       | 13:09       | 61      | 13:09      |  |
| Pneumant Einstie   | -        | 1:44       | -            | 50       | 1:23        | 180         | 1:30       | -        | 34:23      | -             | 20       | 14:31       | 67      | 14:31      |  |
| Pneumant Aussti    | -        | 0:09       | -            | 38       | 0:06        | 133         | 0:08       | -        | 34:32      | -             | 20       | 14:34       | 66      | 14:34      |  |
| Heuschnupfen Ei    | -        | 11:16      | -            | 18       | 3:57        | 61          | 3:57       | -        | 45:48      | -             | 17       | 18:31       | 55      | 18:31      |  |
| Heuschnupfen Ai    | -        | 0:05       | -            | 5        | 0:01        | 8           | 0:01       | -        | 45:53      | -             | 17       | 18:32       | 55      | 18:32      |  |
| Schlammbowle E     | -        | 2:27       | -            | 13       | 0:43        | 40          | 0:44       | -        | 48:20      | -             | 16       | 19:15       | 53      | 19:15      |  |
| Schlammbowle A     | -        | 1:13       | -            | 43       | 0:39        | 149         | 0:39       | -        | 49:33      | -             | 17       | 19:53       | 54      | 19:53      |  |
| Himmelsleiter +    | -        | 4:13       | -            | 15       | 1:23        | 49          | 1:30       | -        | 53:46      | -             | 15       | 21:16       | 51      | 21:16      |  |
| Himmelsleiter +    | -        | 4:14       | -            | 17       | 1:21        | 48          | 1:27       | -        | 58:00      | -             | 15       | 22:37       | 51      | 22:37      |  |
| Nordwand + Dov     | -        | 6:03       | -            | 24       | 2:02        | 67          | 2:05       | -        | 1:04:03    | -             | 14       | 24:39       | 50      | 24:39      |  |
| Nordwand + Dov     | -        | 1:48       | -            | 18       | 0:37        | 50          | 0:44       | -        | 1:05:51    | -             | 14       | 25:16       | 50      | 25:16      |  |
| Duckmäuser Eins    | -        | 17:45      | -            | 23       | 6:56        | 75          | 17:28      | -        | 1:23:36    | -             | 14       | 32:12       | 49      | 32:12      |  |
| Duckmäuser Aus     | -        | 0:35       | -            | 48       | 0:24        | 162         | 0:24       | -        | 1:24:11    | -             | 14       | 32:34       | 49      | 32:34      |  |
| Pneumant Einstie   | -        | 1:27       | -            | 40       | 1:07        | 141         | 1:07       | -        | 1:25:38    | -             | 13       | 33:41       | 42      | 33:41      |  |
| Pneumant Aussti    | -        | 0:07       | -            | 26       | 0:05        | 80          | 0:05       | -        | 1:25:45    | -             | 13       | 33:46       | 44      | 33:46      |  |
| Heuschnupfen Ei    | -        | 12:23      | -            | 34       | 5:02        | 117         | 5:02       | -        | 1:38:08    | -             | 13       | 38:48       | 44      | 38:48      |  |
| Heuschnupfen Ai    | -        | 0:05       | -            | 6        | 0:01        | 9           | 0:01       | -        | 1:38:13    | -             | 13       | 38:49       | 44      | 38:49      |  |
| Schlammbowle E     | -        | 2:45       | -            | 34       | 1:03        | 109         | 1:04       | -        | 1:40:58    | -             | 13       | 39:52       | 43      | 39:52      |  |
| Schlammbowle A     | -        | 0:58       | -            | 20       | 0:23        | 53          | 0:24       | -        | 1:41:56    | -             | 13       | 40:14       | 43      | 40:14      |  |
| Sportplatz Mühlb   | 8.00     | 3:51       | -            | 32       | 0:32        | 90          | 0:40       | 16.00    | 1:45:47    | 6:36          | 28       | 40:37       | 96      | 40:37      |  |