



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Kämmerer, Lars

Club: Kernkraft Gera
Number: 584

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:39:54

Speed: 9.61 km/h
Running performance: 6:14 min/km

Rank in course/Total: 65 (of 304)

Rank in course/Men: 59 (of 252)

Best time in course: 1:05:10

Rank in category: 11(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 +	-	2:19	-	9	1:07	52	1:17	-	2:19	-	9	1:07	52	1:17	
Himmelsleiter +	-	3:57	-	9	1:12	54	1:25	-	6:16	-	9	2:19	53	2:42	
Nordwand + Dov	-	5:18	-	6	1:23	39	1:35	-	11:34	-	9	3:42	49	4:17	
Nordwand + Dov	-	1:51	-	12	0:26	67	0:42	-	13:25	-	9	4:08	50	4:57	
Duckmäuser Eins	-	16:19	-	10	5:01	50	5:39	-	29:44	-	9	9:09	37	10:28	
Duckmäuser Aus	-	0:22	-	5	0:04	37	0:09	-	30:06	-	9	9:10	37	10:36	
Pneumant Einstie	-	0:32	-	6	0:11	27	0:18	-	30:38	-	9	9:21	31	10:46	
Pneumant Aussti	-	0:13	-	26	0:09	207	0:12	-	30:51	-	8	9:28	32	10:53	
Heuschnupfen Ei	-	10:41	-	6	2:48	37	3:22	-	41:32	-	8	12:16	28	14:15	
Heuschnupfen Ai	-	0:09	-	29	0:04	210	0:05	-	41:41	-	8	12:18	28	14:20	
Schlammbowle E	-	2:31	-	10	0:47	55	0:48	-	44:12	-	8	13:05	27	15:07	
Schlammbowle A	-	0:59	-	13	0:22	85	0:25	-	45:11	-	8	13:27	30	15:31	
Himmelsleiter +	-	4:14	-	7	1:14	51	1:31	-	49:25	-	8	14:41	29	16:55	
Himmelsleiter +	-	4:29	-	13	1:26	82	1:42	-	53:54	-	8	16:07	29	18:31	
Nordwand + Dov	-	5:56	-	9	1:46	55	1:58	-	59:50	-	8	17:53	28	20:26	
Nordwand + Dov	-	1:59	-	13	0:35	104	0:55	-	1:01:49	-	8	18:28	29	21:14	
Duckmäuser Eins	-	17:18	-	11	5:27	61	17:01	-	1:19:07	-	8	23:55	30	27:43	
Duckmäuser Aus	-	0:24	-	12	0:10	70	0:13	-	1:19:31	-	8	24:02	30	27:54	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	1:20	-	29	1:18	222	1:18	-	1:20:51	-	31	24:54	245	28:52	
Heuschnupfen Ei	-	11:22	-	10	3:28	69	4:01	-	1:32:13	-	31	28:22	245	32:53	
Heuschnupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:32:19	-	31	28:22	243	32:55	
Schlammbowle E	-	2:39	-	12	0:56	85	0:58	-	1:34:58	-	29	29:18	241	33:52	
Schlammbowle A	-	1:13	-	19	0:35	134	0:39	-	1:36:11	-	31	29:53	247	34:29	
Sportplatz Mühlb	8.00	3:43	-	7	0:25	47	0:32	16.00	1:39:54	6:14	11	30:18	59	34:44	