



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Fritz, Thomas

Club: Erfurt
Number: 357

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:50:02

Speed: 8.72 km/h
Running performance: 6:53 min/km

Rank in course/Total: 129 (of 304)

Rank in course/Men: 122 (of 252)

Best time in course: 1:05:10

Rank in category: 18(of 35)

Best time in the category: 1:17:46

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 +	-	2:52	-	17	1:27	122	1:50	-	2:52	-	17	1:27	122	1:50	
Himmelsleiter +	-	4:53	-	17	1:52	134	2:21	-	7:45	-	17	3:18	129	4:11	
Nordwand + Dov	-	5:47	-	19	1:28	111	2:04	-	13:32	-	15	4:46	123	6:15	
Nordwand + Dov	-	2:07	-	20	0:46	135	0:58	-	15:39	-	15	5:32	122	7:11	
Duckmäuser Eins	-	16:52	-	11	4:11	61	6:12	-	32:31	-	9	9:43	64	13:15	
Duckmäuser Aus	-	0:22	-	3	0:02	37	0:09	-	32:53	-	9	9:45	64	13:23	
Pneumant Einstie	-	0:34	-	5	0:10	31	0:20	-	33:27	-	9	9:53	57	13:35	
Pneumant Aussti	-	0:06	-	7	0:04	43	0:05	-	33:33	-	9	9:54	56	13:35	
Heuschupfen Ei	-	12:34	-	22	3:41	149	5:15	-	46:07	-	8	13:35	56	18:50	
Heuschupfen Ai	-	0:06	-	6	0:01	50	0:02	-	46:13	-	8	13:35	56	18:52	
Schlammbowle E	-	2:50	-	21	0:46	139	1:07	-	49:03	-	8	14:21	56	19:58	
Schlammbowle A	-	1:14	-	21	0:28	154	0:40	-	50:17	-	8	14:49	58	20:37	
Himmelsleiter +	-	4:34	-	14	1:10	93	1:51	-	54:51	-	8	15:59	56	22:21	
Himmelsleiter +	-	4:38	-	16	1:13	107	1:51	-	59:29	-	8	17:12	56	24:06	
Nordwand + Dov	-	6:25	-	19	1:42	106	2:27	-	1:05:54	-	8	18:54	56	26:30	
Nordwand + Dov	-	2:04	-	20	0:39	132	1:00	-	1:07:58	-	8	19:33	56	27:23	
Duckmäuser Eins	-	18:15	-	15	17:58	91	17:58	-	1:26:13	-	7	24:39	52	34:49	
Duckmäuser Aus	-	0:25	-	13	0:13	88	0:14	-	1:26:38	-	7	24:42	52	35:01	
Pneumant Einstie	-	1:10	-	15	0:50	109	0:50	-	1:27:48	-	6	25:27	45	35:51	
Pneumant Aussti	-	0:10	-	18	0:07	153	0:08	-	1:27:58	-	6	25:33	45	35:59	
Heuschupfen Ei	-	13:12	-	24	4:16	157	5:51	-	1:41:10	-	6	29:49	48	41:50	
Heuschupfen Ai	-	0:07	-	19	0:02	132	0:03	-	1:41:17	-	6	29:51	48	41:53	
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Schlammbowle A	-	4:55	-	35	4:11	245	4:21	-	1:46:12	-	36	31:55	247	44:30	
Sportplatz Mühlb	8.00	3:50	-	13	0:21	85	0:39	16.00	1:50:02	6:52	18	32:16	122	44:52	