



# Helbing King of Cross

Mühlberg / 01.11.2015

## Detailed evaluation

**Specker, Lennart**

Club: Erfurt  
Number: 590

Course: 16.00 km  
Expert

Category:  
Männer (20-29 Jahre)

Total time: 1:53:30

Speed: 8.46 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 153 (of 304)

Rank in course/Men: 143 (of 252)

Best time in course: 1:05:10

Rank in category: 43(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 +	-	3:28	-	51	2:26	165	2:26	-	3:28	-	51	2:26	165	2:26	
Himmelsleiter +	-	5:25	-	63	2:46	218	2:53	-	8:53	-	52	5:12	177	5:19	
Nordwand + Dov	-	6:21	-	47	2:35	170	2:38	-	15:14	-	55	7:47	185	7:57	
Nordwand + Dov	-	2:29	-	59	1:20	205	1:20	-	17:43	-	57	9:07	189	9:15	
Duckmäuser Eins	-	18:29	-	34	7:49	107	7:49	-	36:12	-	37	16:56	112	16:56	
Duckmäuser Aus	-	0:36	-	49	0:23	147	0:23	-	36:48	-	37	17:18	110	17:18	
Pneumant Einstie	-	1:32	-	47	1:11	174	1:18	-	38:20	-	33	18:28	102	18:28	
Pneumant Aussti	-	0:12	-	55	0:09	201	0:11	-	38:32	-	33	18:34	103	18:34	
Heuschnupfen Ei	-	13:02	-	50	5:43	172	5:43	-	51:34	-	32	24:17	100	24:17	
Heuschnupfen Ai	-	0:07	-	41	0:03	139	0:03	-	51:41	-	29	24:20	96	24:20	
Schlammbowle E	-	2:54	-	48	1:10	163	1:11	-	54:35	-	29	25:30	94	25:30	
Schlammbowle A	-	1:17	-	49	0:43	168	0:43	-	55:52	-	29	26:12	94	26:12	
Himmelsleiter +	-	4:35	-	29	1:45	95	1:52	-	1:00:27	-	28	27:57	89	27:57	
Himmelsleiter +	-	4:45	-	38	1:52	123	1:58	-	1:05:12	-	27	29:49	88	29:49	
Nordwand + Dov	-	6:31	-	36	2:30	119	2:33	-	1:11:43	-	27	32:19	86	32:19	
Nordwand + Dov	-	2:06	-	45	0:55	139	1:02	-	1:13:49	-	27	33:14	86	33:14	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	18:57	-	62	18:46	204	18:46	-	1:32:46	-	67	41:09	223	41:09	
Pneumant Einstie	-	1:13	-	33	0:53	114	0:53	-	1:33:59	-	56	42:02	196	42:02	
Pneumant Aussti	-	0:09	-	39	0:07	135	0:07	-	1:34:08	-	72	42:09	245	42:09	
Heuschnupfen Ei	-	11:31	-	28	4:10	78	4:10	-	1:45:39	-	72	46:19	245	46:19	
Heuschnupfen Ai	-	0:07	-	42	0:03	132	0:03	-	1:45:46	-	71	46:22	243	46:22	
Schlammbowle E	-	2:28	-	17	0:46	48	0:47	-	1:48:14	-	73	47:08	241	47:08	
Schlammbowle A	-	1:17	-	49	0:42	154	0:43	-	1:49:31	-	73	47:49	247	47:49	
Sportplatz Mühlb	8.00	3:59	-	40	0:40	137	0:48	16.00	1:53:30	7:05	43	48:20	143	48:20	