



# Helbing King of Cross

Mühlberg / 01.11.2015

## Detailed evaluation

**Weisheit, Ronny**

Club: Coburg Locals / RunningBros  
Number: 604

Course: 16.00 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:59:29

Speed: 8.03 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 189 (of 304)

Rank in course/Men: 176 (of 252)

Best time in course: 1:05:10

Rank in category: 34(of 53)

Best time in the category: 1:09:26

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 +	-	2:47	-	17	1:40	110	1:45	-	2:47	-	17	1:40	110	1:45	
Himmelsleiter +	-	4:50	-	26	2:01	127	2:18	-	7:37	-	21	3:41	119	4:03	
Nordwand + Dov	-	6:03	-	29	2:08	142	2:20	-	13:40	-	24	5:49	124	6:23	
Nordwand + Dov	-	2:02	-	19	0:46	108	0:53	-	15:42	-	24	6:25	123	7:14	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	19:28	-	39	19:11	202	19:15	-	35:10	-	45	14:14	214	15:40	
Pneumant Einstie	-	1:21	-	36	1:01	162	1:07	-	36:31	-	50	15:15	230	16:39	
Pneumant Aussti	-	0:09	-	30	0:07	133	0:08	-	36:40	-	52	15:20	247	16:42	
Heuschnupfen Ei	-	13:05	-	33	5:10	175	5:46	-	49:45	-	52	20:30	90	22:28	
Heuschnupfen Ai	-	0:08	-	46	0:04	194	0:04	-	49:53	-	52	20:33	242	22:32	
Schlammbowle E	-	2:50	-	24	1:04	139	1:07	-	52:43	-	51	21:37	241	23:38	
Schlammbowle A	-	1:25	-	43	0:49	200	0:51	-	54:08	-	52	22:26	248	24:28	
Himmelsleiter +	-	5:18	-	37	2:17	188	2:35	-	59:26	-	51	24:43	244	26:56	
Himmelsleiter +	-	5:05	-	34	2:02	169	2:18	-	1:04:31	-	51	26:45	244	29:08	
Nordwand + Dov	-	7:31	-	38	3:21	194	3:33	-	1:12:02	-	51	30:06	244	32:38	
Nordwand + Dov	-	2:10	-	29	0:47	161	1:06	-	1:14:12	-	51	30:52	244	33:37	
Duckmäuser Eins	-	20:52	-	29	9:01	143	20:35	-	1:35:04	-	41	39:53	191	43:40	
Duckmäuser Aus	-	0:31	-	32	0:16	143	0:20	-	1:35:35	-	48	40:07	223	43:58	
Pneumant Einstie	-	1:35	-	34	1:14	155	1:15	-	1:37:10	-	46	41:21	196	45:13	
Pneumant Aussti	-	0:08	-	22	0:06	103	0:06	-	1:37:18	-	51	41:25	73	45:19	
Heuschnupfen Ei	-	13:13	-	31	5:15	158	5:52	-	1:50:31	-	51	46:40	245	51:11	
Heuschnupfen Ai	-	0:07	-	28	0:03	132	0:03	-	1:50:38	-	51	46:43	73	51:14	
Schlammbowle E	-	3:04	-	33	1:23	173	1:23	-	1:53:42	-	52	48:06	71	52:36	
Schlammbowle A	-	1:44	-	49	1:05	225	1:10	-	1:55:26	-	52	49:11	247	53:44	
Sportplatz Mühlb	8.00	4:03	-	29	0:52	159	0:52	16.00	1:59:29	7:28	34	50:03	176	54:19	