



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Gohlke, Tobias

Club: KidsRun
Number: 499

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:41:59

Speed: 9.41 km/h
Running performance: 6:22 min/km

Rank in course/Total: 76 (of 304)

Rank in course/Men: 71 (of 252)

Best time in course: 1:05:10

Rank in category: 12(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 +	-	2:13	-	8	1:06	45	1:11	-	2:13	-	8	1:06	45	1:11	
Himmelsleiter +	-	4:16	-	11	1:27	72	1:44	-	6:29	-	10	2:33	62	2:55	
Nordwand + Dov	-	5:43	-	17	1:48	94	2:00	-	12:12	-	10	4:21	62	4:55	
Nordwand + Dov	-	1:55	-	13	0:39	80	0:46	-	14:07	-	10	4:50	62	5:39	
Duckmäuser Eins	-	17:08	-	14	5:50	69	6:28	-	31:15	-	12	10:40	54	11:59	
Duckmäuser Aus	-	0:26	-	16	0:09	85	0:13	-	31:41	-	12	10:45	53	12:11	
Pneumant Einstie	-	0:38	-	7	0:18	41	0:24	-	32:19	-	9	11:03	47	12:27	
Pneumant Aussti	-	0:07	-	13	0:05	72	0:06	-	32:26	-	9	11:06	46	12:28	
Heuschupfen Ei	-	11:37	-	17	3:42	86	4:18	-	44:03	-	9	14:48	46	16:46	
Heuschupfen Ai	-	0:05	-	2	0:01	8	0:01	-	44:08	-	9	14:48	46	16:47	
Schlammbowle E	-	2:41	-	16	0:55	98	0:58	-	46:49	-	9	15:43	46	17:44	
Schlammbowle A	-	1:02	-	23	0:26	106	0:28	-	47:51	-	8	16:09	46	18:11	
Himmelsleiter +	-	4:33	-	18	1:32	91	1:50	-	52:24	-	9	17:41	47	19:54	
Himmelsleiter +	-	4:34	-	15	1:31	95	1:47	-	56:58	-	9	19:12	47	21:35	
Nordwand + Dov	-	6:15	-	16	2:05	91	2:17	-	1:03:13	-	7	21:17	45	23:49	
Nordwand + Dov	-	1:59	-	20	0:36	104	0:55	-	1:05:12	-	7	21:52	45	24:37	
Duckmäuser Eins	-	17:46	-	14	5:55	76	17:29	-	1:22:58	-	7	27:47	43	31:34	
Duckmäuser Aus	-	0:28	-	26	0:13	118	0:17	-	1:23:26	-	7	27:58	43	31:49	
Pneumant Einstie	-	0:29	-	3	0:08	13	0:09	-	1:23:55	-	6	28:06	38	31:58	
Pneumant Aussti	-	0:08	-	22	0:06	103	0:06	-	1:24:03	-	6	28:10	38	32:04	
Heuschupfen Ei	-	10:34	-	7	2:36	32	3:13	-	1:34:37	-	6	30:46	37	35:17	
Heuschupfen Ai	-	0:05	-	3	0:01	9	0:01	-	1:34:42	-	6	30:47	37	35:18	
Schlammbowle E	-	2:24	-	8	0:43	37	0:43	-	1:37:06	-	6	31:30	36	36:00	
Schlammbowle A	-	1:01	-	10	0:22	66	0:27	-	1:38:07	-	6	31:52	36	36:25	
Sportplatz Mühlb	8.00	3:52	-	17	0:41	93	0:41	16.00	1:41:59	6:22	12	32:33	71	36:49	