



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Scholz, Maik

Club: Coburg Locals / RunningBros
Number: 217

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:06:18

Speed: 7.24 km/h
Running performance: 8:17 min/km

Rank in course/Total: 182 (of 292)

Rank in course/Men: 141 (of 192)

Best time in course: 38:15

Rank in category: 12(of 19)

Best time in the category: 47:40

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 +	-	3:39	-	8	1:34	107	2:17	-	3:39	-	8	1:34	107	2:17
Himmelsleiter +	-	5:09	-	8	1:24	99	2:19	-	8:48	-	9	2:58	108	4:36
Nordwand + Dov	-	6:31	-	11	0:56	83	2:06	-	15:19	-	10	3:54	101	6:40
Nordwand + Dov	-	2:23	-	7	0:39	91	0:55	-	17:42	-	10	4:33	100	7:31
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	20:56	-	13	20:35	144	20:40	-	38:38	-	15	8:17	166	15:34
Pneumant Einstie	-	0:49	-	8	0:23	61	0:28	-	39:27	-	19	8:40	184	15:59
Pneumant Aussti	-	0:10	-	12	0:05	103	0:07	-	39:37	-	20	8:44	192	16:03
Heuschnupfen Ei	-	15:08	-	14	4:18	160	6:24	-	54:45	-	20	13:02	188	22:27
Heuschnupfen Ai	-	0:06	-	2	0:01	65	0:02	-	54:51	-	20	13:02	190	22:29
Schlammbowle E	-	4:18	-	17	1:57	186	2:23	-	59:09	-	19	14:59	189	24:51
Schlammbowle A	-	1:36	-	14	0:50	161	1:02	-	1:00:45	-	19	15:49	191	25:53
Sportplatz Mühlb	8.00	5:33	-	16	1:51	183	2:10	8.00	1:06:18	8:17	12	18:38	141	28:03