



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Drüsedau, Steffen

Club: AC Apolda  
Number: 370

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:03:49

Speed: 7.75 km/h  
Running performance: 7:44 min/km

Rank in course/Total: 214 (of 304)

Rank in course/Men: 194 (of 252)

Best time in course: 1:05:10

Rank in category: 29(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 +	-	3:30	-	23	2:05	166	2:28	-	3:30	-	23	2:05	166	2:28
Himmelsleiter +	-	5:17	-	29	2:16	197	2:45	-	8:47	-	25	4:20	174	5:13
Nordwand + Dov	-	6:20	-	25	2:01	168	2:37	-	15:07	-	27	6:21	179	7:50
Nordwand + Dov	-	2:24	-	26	1:03	191	1:15	-	17:31	-	28	7:24	178	9:03
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	19:32	-	27	19:12	204	19:19	-	37:03	-	31	13:55	214	17:33
Pneumant Einstie	-	1:41	-	24	1:17	176	1:27	-	38:44	-	31	15:10	230	18:52
Pneumant Aussti	-	0:10	-	22	0:08	164	0:09	-	38:54	-	35	15:15	247	18:56
Heuschnupfen Ei	-	12:53	-	23	4:00	162	5:34	-	51:47	-	33	19:15	242	24:30
Heuschnupfen Ai	-	0:07	-	18	0:02	139	0:03	-	51:54	-	33	19:16	242	24:33
Schlammbowle E	-	2:57	-	26	0:53	171	1:14	-	54:51	-	33	20:09	241	25:46
Schlammbowle A	-	1:04	-	16	0:18	115	0:30	-	55:55	-	34	20:27	248	26:15
Himmelsleiter +	-	5:04	-	22	1:40	165	2:21	-	1:00:59	-	34	22:07	244	28:29
Himmelsleiter +	-	5:22	-	26	1:57	205	2:35	-	1:06:21	-	34	24:04	244	30:58
Nordwand + Dov	-	7:16	-	27	2:33	179	3:18	-	1:13:37	-	34	26:37	244	34:13
Nordwand + Dov	-	2:10	-	24	0:45	161	1:06	-	1:15:47	-	34	27:22	244	35:12
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	21:20	-	31	21:08	215	21:09	-	1:37:07	-	32	35:11	223	45:30
Pneumant Einstie	-	1:42	-	21	1:22	159	1:22	-	1:38:49	-	26	36:28	196	46:52
Pneumant Aussti	-	0:07	-	10	0:04	80	0:05	-	1:38:56	-	36	36:31	245	46:57
Heuschnupfen Ei	-	15:34	-	31	6:38	225	8:13	-	1:54:30	-	36	43:09	245	55:10
Heuschnupfen Ai	-	0:11	-	34	0:06	230	0:07	-	1:54:41	-	36	43:15	243	55:17
Schlammbowle E	-	3:29	-	28	1:25	225	1:48	-	1:58:10	-	34	44:40	241	57:04
Schlammbowle A	-	1:17	-	21	0:33	154	0:43	-	1:59:27	-	36	45:10	247	57:45
Sportplatz Mühlb	8.00	4:22	-	30	0:53	222	1:11	16.00	2:03:49	7:44	29	46:03	194	58:39