



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Schäfer, Uwe

Club: Rhöner Rennsäue  
Number: 456

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:02:44

Speed: 7.82 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 204 (of 304)

Rank in course/Men: 185 (of 252)

Best time in course: 1:05:10

Rank in category: 26(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 +	-	2:41	-	9	1:16	98	1:39	-	2:41	-	9	1:16	98	1:39	
Himmelsleiter +	-	4:51	-	14	1:50	129	2:19	-	7:32	-	13	3:05	115	3:58	
Nordwand + Dov	-	6:22	-	26	2:03	174	2:39	-	13:54	-	19	5:08	136	6:37	
Nordwand + Dov	-	2:48	-	32	1:27	238	1:39	-	16:42	-	21	6:35	151	8:14	
Duckmäuser Eins	-	18:58	-	17	6:17	114	8:18	-	35:40	-	16	12:52	110	16:24	
Duckmäuser Aus	-	0:29	-	14	0:09	107	0:16	-	36:09	-	15	13:01	108	16:39	
Pneumant Einstie	-	1:58	-	26	1:34	186	1:44	-	38:07	-	12	14:33	99	18:15	
Pneumant Aussti	-	0:05	-	3	0:03	22	0:04	-	38:12	-	12	14:33	98	18:14	
Heuschupfen Ei	-	12:56	-	24	4:03	165	5:37	-	51:08	-	11	18:36	96	23:51	
Heuschupfen Ai	-	0:08	-	25	0:03	194	0:04	-	51:16	-	11	18:38	93	23:55	
Schlammbowle E	-	2:54	-	23	0:50	163	1:11	-	54:10	-	10	19:28	91	25:05	
Schlammbowle A	-	1:17	-	22	0:31	168	0:43	-	55:27	-	10	19:59	91	25:47	
Himmelsleiter +	-	5:25	-	27	2:01	199	2:42	-	1:00:52	-	10	22:00	93	28:22	
Himmelsleiter +	-	5:18	-	25	1:53	199	2:31	-	1:06:10	-	10	23:53	94	30:47	
Nordwand + Dov	-	7:25	-	28	2:42	188	3:27	-	1:13:35	-	10	26:35	95	34:11	
Nordwand + Dov	-	2:10	-	24	0:45	161	1:06	-	1:15:45	-	10	27:20	95	35:10	
Duckmäuser Eins	-	21:01	-	21	20:44	150	20:44	-	1:36:46	-	9	35:12	86	45:22	
Duckmäuser Aus	-	0:29	-	16	0:17	125	0:18	-	1:37:15	-	9	35:19	86	45:38	
Pneumant Einstie	-	1:36	-	20	1:16	157	1:16	-	1:38:51	-	8	36:30	77	46:54	
Pneumant Aussti	-	0:08	-	13	0:05	103	0:06	-	1:38:59	-	8	36:34	77	47:00	
Heuschupfen Ei	-	14:46	-	27	5:50	205	7:25	-	1:53:45	-	8	42:24	77	54:25	
Heuschupfen Ai	-	0:06	-	8	0:01	58	0:02	-	1:53:51	-	8	42:25	77	54:27	
Schlammbowle E	-	3:09	-	24	1:05	196	1:28	-	1:57:00	-	7	43:30	75	55:54	
Schlammbowle A	-	1:36	-	30	0:52	210	1:02	-	1:58:36	-	7	44:19	75	56:54	
Sportplatz Mühlb	8.00	4:08	-	26	0:39	186	0:57	16.00	2:02:44	7:40	26	44:58	185	57:34	