



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Groß, Winfried

Club: Helbra
Number: 487

Course: 16.00 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:06:54

Speed: 7.57 km/h
Running performance: 7:56 min/km

Rank in course/Total: 231 (of 304)

Rank in course/Men: 208 (of 252)

Best time in course: 1:05:10

Rank in category: 8(of 12)

Best time in the category: 1:48:03

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 +	-	3:02	-	3	0:32	134	2:00	-	3:02	-	3	0:32	134	2:00	
Himmelsleiter +	-	5:10	-	6	1:01	171	2:38	-	8:12	-	5	1:33	145	4:38	
Nordwand + Dov	-	6:25	-	9	0:54	182	2:42	-	14:37	-	7	2:01	157	7:20	
Nordwand + Dov	-	2:16	-	8	0:23	169	1:07	-	16:53	-	7	2:24	159	8:25	
Duckmäuser Eins	-	19:31	-	9	2:08	121	8:51	-	36:24	-	8	4:03	114	17:08	
Duckmäuser Aus	-	0:34	-	10	0:11	143	0:21	-	36:58	-	8	4:13	112	17:28	
Pneumant Einstie	-	1:51	-	10	1:07	182	1:37	-	38:49	-	8	5:03	110	18:57	
Pneumant Aussti	-	0:08	-	3	0:04	103	0:07	-	38:57	-	8	5:02	109	18:59	
Heuschnupfen Ei	-	13:18	-	9	1:22	186	5:59	-	52:15	-	8	5:53	105	24:58	
Heuschnupfen Ai	-	0:06	-	2	0:01	50	0:02	-	52:21	-	8	5:53	101	25:00	
Schlammbowle E	-	4:08	-	11	1:28	236	2:25	-	56:29	-	9	7:07	101	27:24	
Schlammbowle A	-	1:31	-	10	0:29	214	0:57	-	58:00	-	9	7:36	101	28:20	
Himmelsleiter +	-	5:30	-	9	1:20	209	2:47	-	1:03:30	-	8	7:50	102	31:00	
Himmelsleiter +	-	5:39	-	10	1:03	225	2:52	-	1:09:09	-	8	8:18	103	33:46	
Nordwand + Dov	-	7:39	-	8	1:27	204	3:41	-	1:16:48	-	8	9:32	105	37:24	
Nordwand + Dov	-	2:21	-	7	0:20	192	1:17	-	1:19:09	-	8	9:45	105	38:34	
Duckmäuser Eins	-	21:28	-	9	4:02	152	21:11	-	1:40:37	-	8	13:47	94	49:13	
Duckmäuser Aus	-	0:35	-	8	0:12	162	0:24	-	1:41:12	-	8	13:53	94	49:35	
Pneumant Einstie	-	1:38	-	9	0:48	158	1:18	-	1:42:50	-	8	14:41	85	50:53	
Pneumant Aussti	-	0:12	-	9	0:07	181	0:10	-	1:43:02	-	8	14:44	85	51:03	
Heuschnupfen Ei	-	14:39	-	10	2:44	199	7:18	-	1:57:41	-	8	17:28	85	58:21	
Heuschnupfen Ai	-	0:12	-	10	0:06	234	0:08	-	1:57:53	-	8	17:32	86	58:29	
Schlammbowle E	-	3:10	-	8	0:41	199	1:29	-	2:01:03	-	8	18:03	82	59:57	
Schlammbowle A	-	1:39	-	8	0:28	216	1:05	-	2:02:42	-	8	18:25	83	1:01:00	
Sportplatz Mühlb	8.00	4:12	-	7	0:26	200	1:01	16.00	2:06:54	7:55	8	18:51	208	1:01:44	