



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Pfeufer, Frank

Club: Coburg Locals / RunningBros
Number: 605

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:59:29

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 190 (of 304)

Rank in course/Men: 176 (of 252)

Best time in course: 1:05:10

Rank in category: 25(of 31)

Best time in the category: 1:09:36

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 +	-	2:45	-	16	1:33	106	1:43	-	2:45	-	16	1:33	106	1:43
Himmelsleiter +	-	5:02	-	19	2:17	150	2:30	-	7:47	-	17	3:50	130	4:13
Nordwand + Dov	-	6:21	-	24	2:26	170	2:38	-	14:08	-	18	6:16	140	6:51
Nordwand + Dov	-	2:10	-	19	0:45	147	1:01	-	16:18	-	18	7:01	138	7:50
Duckmäuser Eins	-	18:27	-	18	7:09	105	7:47	-	34:45	-	13	14:10	95	15:29
Duckmäuser Aus	-	0:27	-	14	0:09	92	0:14	-	35:12	-	13	14:16	94	15:42
Pneumant Einstie	-	1:24	-	26	1:03	168	1:10	-	36:36	-	13	15:19	89	16:44
Pneumant Aussti	-	0:09	-	15	0:05	133	0:08	-	36:45	-	12	15:22	89	16:47
Heuschupfen Ei	-	13:00	-	24	5:07	171	5:41	-	49:45	-	15	20:29	90	22:28
Heuschupfen Ai	-	0:06	-	5	0:01	50	0:02	-	49:51	-	15	20:28	87	22:30
Schlammbowle E	-	2:53	-	23	1:09	158	1:10	-	52:44	-	15	21:37	84	23:39
Schlammbowle A	-	1:25	-	26	0:48	200	0:51	-	54:09	-	16	22:25	86	24:29
Himmelsleiter +	-	5:15	-	27	2:15	183	2:32	-	59:24	-	15	24:40	86	26:54
Himmelsleiter +	-	5:02	-	24	1:59	165	2:15	-	1:04:26	-	16	26:39	87	29:03
Nordwand + Dov	-	7:35	-	28	3:25	196	3:37	-	1:12:01	-	16	30:04	88	32:37
Nordwand + Dov	-	2:13	-	23	0:49	173	1:09	-	1:14:14	-	16	30:53	88	33:39
Duckmäuser Eins	-	20:46	-	21	8:55	139	20:29	-	1:35:00	-	16	39:48	82	43:36
Duckmäuser Aus	-	0:31	-	22	0:17	143	0:20	-	1:35:31	-	16	40:02	83	43:54
Pneumant Einstie	-	1:35	-	26	1:14	155	1:15	-	1:37:06	-	15	41:16	73	45:09
Pneumant Aussti	-	0:12	-	26	0:10	181	0:10	-	1:37:18	-	15	41:21	73	45:19
Heuschupfen Ei	-	13:14	-	21	5:20	159	5:53	-	1:50:32	-	15	46:41	73	51:12
Heuschupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:50:38	-	15	46:41	73	51:14
Schlammbowle E	-	3:04	-	24	1:21	173	1:23	-	1:53:42	-	14	48:02	71	52:36
Schlammbowle A	-	1:50	-	28	1:12	231	1:16	-	1:55:32	-	14	49:14	71	53:50
Sportplatz Mühlb	8.00	3:57	-	18	0:39	128	0:46	16.00	1:59:29	7:28	25	49:53	176	54:19