



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Probst, Rocco

Club: KidsRun
Number: 506

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:30:47

Speed: 10.57 km/h
Running performance: 5:40 min/km

Rank in course/Total: 33 (of 304)

Rank in course/Men: 31 (of 252)

Best time in course: 1:05:10

Rank in category: 5(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 +	-	1:58	-	4	0:33	31	0:56	-	1:58	-	4	0:33	31	0:56	
Himmelsleiter +	-	3:34	-	5	0:33	35	1:02	-	5:32	-	4	1:05	32	1:58	
Nordwand + Dov	-	5:23	-	6	1:04	45	1:40	-	10:55	-	5	2:09	35	3:38	
Nordwand + Dov	-	1:34	-	3	0:13	24	0:25	-	12:29	-	5	2:22	34	4:01	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	15:00	-	21	14:40	163	14:47	-	27:29	-	31	4:21	214	7:59	
Pneumant Einstie	-	0:40	-	9	0:16	49	0:26	-	28:09	-	31	4:35	230	8:17	
Pneumant Aussti	-	0:03	-	2	0:01	4	0:02	-	28:12	-	35	4:33	247	8:14	
Heuschnupfen Ei	-	9:50	-	3	0:57	22	2:31	-	38:02	-	33	5:30	242	10:45	
Heuschnupfen Ai	-	0:07	-	18	0:02	139	0:03	-	38:09	-	33	5:31	242	10:48	
Schlammbowle E	-	2:22	-	4	0:18	29	0:39	-	40:31	-	33	5:49	241	11:26	
Schlammbowle A	-	0:56	-	9	0:10	64	0:22	-	41:27	-	34	5:59	18	11:47	
Himmelsleiter +	-	4:05	-	5	0:41	37	1:22	-	45:32	-	34	6:40	244	13:02	
Himmelsleiter +	-	3:59	-	6	0:34	33	1:12	-	49:31	-	34	7:14	244	14:08	
Nordwand + Dov	-	5:41	-	6	0:58	40	1:43	-	55:12	-	34	8:12	244	15:48	
Nordwand + Dov	-	1:33	-	3	0:08	22	0:29	-	56:45	-	34	8:20	244	16:10	
Duckmäuser Eins	-	15:30	-	5	15:13	30	15:13	-	1:12:15	-	26	10:41	191	20:51	
Duckmäuser Aus	-	0:23	-	9	0:11	57	0:12	-	1:12:38	-	32	10:42	223	21:01	
Pneumant Einstie	-	0:34	-	7	0:14	26	0:14	-	1:13:12	-	26	10:51	196	21:15	
Pneumant Aussti	-	0:03	-	1	-	8	0:01	-	1:13:15	-	36	10:50	245	21:16	
Heuschnupfen Ei	-	10:25	-	5	1:29	31	3:04	-	1:23:40	-	36	12:19	245	24:20	
Heuschnupfen Ai	-	0:06	-	8	0:01	58	0:02	-	1:23:46	-	36	12:20	243	24:22	
Schlammbowle E	-	2:23	-	6	0:19	34	0:42	-	1:26:09	-	34	12:39	241	25:03	
Schlammbowle A	-	1:00	-	10	0:16	63	0:26	-	1:27:09	-	36	12:52	247	25:27	
Sportplatz Mühlb	8.00	3:38	-	6	0:09	32	0:27	16.00	1:30:47	5:40	5	13:01	31	25:37	