



# Helbing King of Cross

Mühlberg / 01.11.2015

## Detailed evaluation

**Ziebell, Thomas**

Club: Saalfeld/Saale  
Number: 353

Course: 16.00 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:48:02

Speed: 8.89 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 115 (of 304)

Rank in course/Men: 109 (of 252)

Best time in course: 1:05:10

Rank in category: 21(of 53)

Best time in the category: 1:09:26

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 +	-	3:16	-	31	2:09	153	2:14	-	3:16	-	31	2:09	153	2:14	
Himmelsleiter +	-	4:49	-	25	2:00	125	2:17	-	8:05	-	29	4:09	142	4:31	
Nordwand + Dov	-	5:59	-	27	2:04	136	2:16	-	14:04	-	28	6:13	138	6:47	
Nordwand + Dov	-	2:05	-	22	0:49	122	0:56	-	16:09	-	28	6:52	134	7:41	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	17:21	-	37	17:04	183	17:08	-	33:30	-	15	12:34	73	14:00	
Pneumant Einstie	-	1:11	-	29	0:51	135	0:57	-	34:41	-	50	13:25	230	14:49	
Pneumant Aussti	-	0:07	-	13	0:05	72	0:06	-	34:48	-	52	13:28	247	14:50	
Heuschneppen Ei	-	11:35	-	16	3:40	83	4:16	-	46:23	-	52	17:08	242	19:06	
Heuschneppen Ai	-	0:05	-	2	0:01	8	0:01	-	46:28	-	52	17:08	59	19:07	
Schlammbowle E	-	2:51	-	26	1:05	142	1:08	-	49:19	-	51	18:13	241	20:14	
Schlammbowle A	-	1:02	-	23	0:26	106	0:28	-	50:21	-	52	18:39	248	20:41	
Himmelsleiter +	-	4:21	-	12	1:20	60	1:38	-	54:42	-	51	19:59	244	22:12	
Himmelsleiter +	-	4:32	-	14	1:29	89	1:45	-	59:14	-	51	21:28	244	23:51	
Nordwand + Dov	-	6:20	-	18	2:10	100	2:22	-	1:05:34	-	51	23:38	244	26:10	
Nordwand + Dov	-	2:08	-	26	0:45	148	1:04	-	1:07:42	-	51	24:22	244	27:07	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	18:46	-	41	18:31	203	18:35	-	1:26:28	-	48	31:00	223	34:51	
Pneumant Einstie	-	0:45	-	10	0:24	46	0:25	-	1:27:13	-	46	31:24	196	35:16	
Pneumant Aussti	-	0:04	-	4	0:02	16	0:02	-	1:27:17	-	51	31:24	245	35:18	
Heuschneppen Ei	-	12:42	-	24	4:44	131	5:21	-	1:39:59	-	51	36:08	245	40:39	
Heuschneppen Ai	-	0:06	-	13	0:02	58	0:02	-	1:40:05	-	51	36:10	243	40:41	
Schlammbowle E	-	3:00	-	30	1:19	163	1:19	-	1:43:05	-	52	37:29	241	41:59	
Schlammbowle A	-	1:08	-	21	0:29	100	0:34	-	1:44:13	-	52	37:58	247	42:31	
Sportplatz Mühlb	8.00	3:49	-	14	0:38	80	0:38	16.00	1:48:02	6:45	21	38:36	109	42:52	