



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

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Club: Rudolstadt
Number: 387

Course: 16.00 km
Expert

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:46:20

Speed: 5.77 km/h
Running performance: 10:24 min/km

Rank in course/Total: 293 (of 304)

Rank in course/Women: 47 (of 52)

Best time in course: 1:26:55

Rank in category: 10(of 11)

Best time in the category: 1:26:55

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Himmelsleiter +	-	5:23	-	11	3:22	50	3:22	-	5:23	-	11	3:22	50	3:22
Himmelsleiter +	-	6:27	-	10	2:52	48	2:56	-	11:50	-	11	6:08	50	6:18
Nordwand + Dov	-	9:55	-	11	4:55	50	4:55	-	21:45	-	11	11:03	50	11:03
Nordwand + Dov	-	2:43	-	10	1:04	40	1:07	-	24:28	-	11	12:07	51	12:07
Duckmäuser Eins	-	25:04	-	6	11:03	30	11:03	-	49:32	-	6	23:10	30	23:10
Duckmäuser Aus	-	0:31	-	6	0:10	17	0:12	-	50:03	-	6	23:20	29	23:20
Pneumant Einstie	-	1:52	-	10	1:26	35	1:34	-	51:55	-	6	24:41	30	24:41
Pneumant Aussti	-	0:11	-	6	0:06	19	0:07	-	52:06	-	6	24:45	30	24:45
Heuschupfen Ei	-	17:26	-	10	7:35	49	7:35	-	1:09:32	-	6	32:20	31	32:20
Heuschupfen Ai	-	0:09	-	9	0:03	36	0:04	-	1:09:41	-	6	32:23	31	32:23
Schlammbowle E	-	3:43	-	10	1:28	42	1:28	-	1:13:24	-	6	33:51	29	33:51
Schlammbowle A	-	1:43	-	10	0:50	36	0:50	-	1:15:07	-	6	34:37	29	34:37
Himmelsleiter +	-	6:42	-	10	3:04	39	3:04	-	1:21:49	-	6	37:41	29	37:41
Himmelsleiter +	-	6:46	-	10	2:52	44	2:52	-	1:28:35	-	6	40:33	28	40:33
Nordwand + Dov	-	9:19	-	10	4:09	43	4:09	-	1:37:54	-	6	44:42	28	44:42
Nordwand + Dov	-	2:59	-	10	1:24	40	1:24	-	1:40:53	-	6	46:06	28	46:06
Duckmäuser Eins	-	29:14	-	9	14:30	39	14:30	-	2:10:07	-	6	1:00:36	26	1:00:36
Duckmäuser Aus	-	0:46	-	9	0:25	38	0:29	-	2:10:53	-	6	1:01:01	26	1:01:01
Pneumant Einstie	-	2:28	-	10	1:54	40	2:03	-	2:13:21	-	6	1:02:55	24	1:02:55
Pneumant Aussti	-	0:13	-	10	0:07	32	0:07	-	2:13:34	-	6	1:03:02	24	1:03:02
Heuschupfen Ei	-	20:25	-	9	10:45	47	10:45	-	2:33:59	-	6	1:13:47	25	1:13:47
Heuschupfen Ai	-	0:09	-	7	0:04	30	0:04	-	2:34:08	-	6	1:13:50	25	1:13:50
Schlammbowle E	-	4:16	-	10	2:08	38	2:08	-	2:38:24	-	6	1:15:58	23	1:15:58
Schlammbowle A	-	3:06	-	10	2:12	46	2:12	-	2:41:30	-	6	1:18:10	23	1:18:10
Sportplatz Mühlb	8.00	4:50	-	10	1:15	43	1:15	16.00	2:46:20	10:23	10	1:19:25	47	1:19:25