



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Otto, Michael

Club: Magdeburg
Number: 486

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:06:54

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

Rank in course/Total: 232 (of 304)

Rank in course/Men: 208 (of 252)

Best time in course: 1:05:10

Rank in category: 38(of 42)

Best time in the category: 1:05:21

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 +	-	3:03	-	24	2:01	136	2:01	-	3:03	-	24	2:01	136	2:01	
Himmelsleiter +	-	5:09	-	34	2:37	168	2:37	-	8:12	-	25	4:38	145	4:38	
Nordwand + Dov	-	6:24	-	34	2:41	179	2:41	-	14:36	-	29	7:19	156	7:19	
Nordwand + Dov	-	2:21	-	35	1:10	186	1:12	-	16:57	-	30	8:29	161	8:29	
Duckmäuser Eins	-	19:29	-	15	6:47	120	8:49	-	36:26	-	15	13:11	115	17:10	
Duckmäuser Aus	-	0:34	-	18	0:19	143	0:21	-	37:00	-	14	13:21	113	17:30	
Pneumant Einstie	-	1:57	-	32	1:43	185	1:43	-	38:57	-	14	14:54	111	19:05	
Pneumant Aussti	-	0:05	-	4	0:04	22	0:04	-	39:02	-	14	14:54	110	19:04	
Heuschupfen Ei	-	14:21	-	40	6:51	231	7:02	-	53:23	-	13	20:19	108	26:06	
Heuschupfen Ai	-	0:07	-	20	0:03	139	0:03	-	53:30	-	13	20:20	104	26:09	
Schlammbowle E	-	3:00	-	34	1:17	182	1:17	-	56:30	-	13	21:11	102	27:25	
Schlammbowle A	-	1:35	-	41	1:01	222	1:01	-	58:05	-	13	22:09	102	28:25	
Himmelsleiter +	-	5:25	-	37	2:42	199	2:42	-	1:03:30	-	14	24:13	102	31:00	
Himmelsleiter +	-	5:38	-	39	2:51	222	2:51	-	1:09:08	-	14	26:21	102	33:45	
Nordwand + Dov	-	7:38	-	35	3:40	201	3:40	-	1:16:46	-	14	29:09	104	37:22	
Nordwand + Dov	-	2:22	-	35	1:18	197	1:18	-	1:19:08	-	14	30:01	104	38:33	
Duckmäuser Eins	-	21:30	-	25	10:39	154	21:13	-	1:40:38	-	15	38:23	95	49:14	
Duckmäuser Aus	-	0:36	-	26	0:20	164	0:25	-	1:41:14	-	15	38:39	95	49:37	
Pneumant Einstie	-	1:45	-	25	1:23	161	1:25	-	1:42:59	-	13	40:00	86	51:02	
Pneumant Aussti	-	0:09	-	23	0:07	135	0:07	-	1:43:08	-	13	40:05	86	51:09	
Heuschupfen Ei	-	14:36	-	36	7:09	198	7:15	-	1:57:44	-	13	45:48	86	58:24	
Heuschupfen Ai	-	0:07	-	20	0:03	132	0:03	-	1:57:51	-	13	45:50	85	58:27	
Schlammbowle E	-	3:14	-	36	1:31	207	1:33	-	2:01:05	-	13	47:03	84	59:59	
Schlammbowle A	-	1:38	-	35	1:04	214	1:04	-	2:02:43	-	13	47:58	84	1:01:01	
Sportplatz Mühlb	8.00	4:11	-	35	0:53	194	1:00	16.00	2:06:54	7:55	38	1:01:33	208	1:01:44	