



Helbing King of Cross  
Mühlberg / 01.11.2015

Detailed evaluation

Matthias, Werneburg

Club: Quarksahne Team  
Number: 562

Course: 16.00 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:52:08

Speed: 8.56 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 138 (of 304)

Rank in course/Men: 131 (of 252)

Best time in course: 1:05:10

Rank in category: 25(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 +	-	2:31	-	13	1:24	79	1:29	-	2:31	-	13	1:24	79	1:29
Himmelsleiter +	-	4:22	-	13	1:33	82	1:50	-	6:53	-	13	2:57	80	3:19
Nordwand + Dov	-	6:12	-	32	2:17	157	2:29	-	13:05	-	16	5:14	97	5:48
Nordwand + Dov	-	1:57	-	18	0:41	90	0:48	-	15:02	-	15	5:45	91	6:34
Duckmäuser Eins	-	18:03	-	17	6:45	95	7:23	-	33:05	-	15	12:30	74	13:49
Duckmäuser Aus	-	0:25	-	13	0:08	70	0:12	-	33:30	-	15	12:34	73	14:00
Pneumant Einstie	-	0:49	-	15	0:29	83	0:35	-	34:19	-	13	13:03	65	14:27
Pneumant Aussti	-	0:06	-	10	0:04	43	0:05	-	34:25	-	13	13:05	64	14:27
Heuschupfen Ei	-	12:20	-	24	4:25	134	5:01	-	46:45	-	13	17:30	62	19:28
Heuschupfen Ai	-	0:09	-	47	0:05	210	0:05	-	46:54	-	13	17:34	62	19:33
Schlammbowle E	-	2:59	-	33	1:13	178	1:16	-	49:53	-	12	18:47	62	20:48
Schlammbowle A	-	1:07	-	27	0:31	126	0:33	-	51:00	-	12	19:18	62	21:20
Himmelsleiter +	-	5:09	-	34	2:08	175	2:26	-	56:09	-	12	21:26	63	23:39
Himmelsleiter +	-	5:06	-	35	2:03	172	2:19	-	1:01:15	-	13	23:29	67	25:52
Nordwand + Dov	-	6:55	-	26	2:45	146	2:57	-	1:08:10	-	13	26:14	69	28:46
Nordwand + Dov	-	1:52	-	9	0:29	60	0:48	-	1:10:02	-	13	26:42	67	29:27
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	19:58	-	42	19:43	209	19:47	-	1:30:00	-	48	34:32	223	38:23
Pneumant Einstie	-	0:35	-	6	0:14	28	0:15	-	1:30:35	-	46	34:46	196	38:38
Pneumant Aussti	-	0:06	-	11	0:04	52	0:04	-	1:30:41	-	51	34:48	245	38:42
Heuschupfen Ei	-	13:01	-	28	5:03	146	5:40	-	1:43:42	-	51	39:51	245	44:22
Heuschupfen Ai	-	0:07	-	28	0:03	132	0:03	-	1:43:49	-	51	39:54	243	44:25
Schlammbowle E	-	3:03	-	32	1:22	171	1:22	-	1:46:52	-	52	41:16	241	45:46
Schlammbowle A	-	1:08	-	21	0:29	100	0:34	-	1:48:00	-	52	41:45	247	46:18
Sportplatz Mühlb	8.00	4:08	-	36	0:57	186	0:57	16.00	1:52:08	7:00	25	42:42	131	46:58