



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Ebert, Thomas

Club: EFC Calisthenics
Number: 192

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:00:09

Speed: 7.98 km/h
Running performance: 7:31 min/km

Rank in course/Total: 120 (of 292)

Rank in course/Men: 95 (of 192)

Best time in course: 38:15

Rank in category: 16(of 38)

Best time in the category: 45:12

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 +	-	3:22	-	19	1:36	89	2:00	-	3:22	-	19	1:36	89	2:00
Himmelsleiter +	-	4:44	-	15	1:14	71	1:54	-	8:06	-	16	2:50	80	3:54
Nordwand + Dov	-	6:38	-	16	1:23	97	2:13	-	14:44	-	14	4:13	78	6:05
Nordwand + Dov	-	2:26	-	18	0:48	103	0:58	-	17:10	-	15	4:56	81	6:59
Duckmäuser Eins	-	18:48	-	12	4:08	67	6:27	-	35:58	-	12	8:28	72	13:12
Duckmäuser Aus	-	0:28	-	20	0:09	82	0:12	-	36:26	-	12	8:34	71	13:22
Pneumant Einstie	-	1:10	-	19	0:46	109	0:49	-	37:36	-	12	9:08	71	14:08
Pneumant Aussti	-	0:13	-	30	0:08	146	0:10	-	37:49	-	12	9:16	71	14:15
Heuschnupfen Ei	-	13:54	-	27	4:00	124	5:10	-	51:43	-	13	13:16	75	19:25
Heuschnupfen Ai	-	0:06	-	14	0:02	65	0:02	-	51:49	-	13	13:17	71	19:27
Schlammbowle E	-	2:48	-	22	0:43	101	0:53	-	54:37	-	13	13:52	70	20:19
Schlammbowle A	-	1:11	-	24	0:27	104	0:37	-	55:48	-	13	14:19	69	20:56
Sportplatz Mühlb	8.00	4:21	-	23	0:41	132	0:58	8.00	1:00:09	7:31	16	14:57	95	21:54