



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Warnke, Thomas

Club: RSV Mühlhausen e.V.
Number: 273

Course: 8.00 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 54:20

Speed: 8.83 km/h
Running performance: 6:47 min/km

Rank in course/Total: 62 (of 292)

Rank in course/Men: 56 (of 192)

Best time in course: 38:15

Rank in category: 10(of 31)

Best time in the category: 44:14

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 +	-	2:52	-	7	0:53	64	1:30	-	2:52	-	7	0:53	64	1:30
Himmelsleiter +	-	4:30	-	9	1:06	58	1:40	-	7:22	-	9	1:59	59	3:10
Nordwand + Dov	-	6:15	-	16	1:14	64	1:50	-	13:37	-	9	3:13	59	4:58
Nordwand + Dov	-	2:04	-	10	0:35	56	0:36	-	15:41	-	9	3:48	57	5:30
Duckmäuser Eins	-	17:52	-	13	3:20	52	5:31	-	33:33	-	10	7:08	50	10:47
Duckmäuser Aus	-	0:27	-	13	0:08	72	0:11	-	34:00	-	9	5:45	49	10:56
Pneumant Einstie	-	0:32	-	2	0:04	20	0:11	-	34:32	-	7	3:25	46	11:04
Pneumant Aussti	-	0:09	-	12	0:06	80	0:06	-	34:41	-	7	3:29	46	11:07
Heuschnupfen Ei	-	12:03	-	13	2:07	66	3:19	-	46:44	-	7	4:24	46	14:26
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	46:49	-	6	4:24	43	14:27
Schlammbowle E	-	2:41	-	15	0:29	77	0:46	-	49:30	-	7	4:41	44	15:12
Schlammbowle A	-	0:44	-	3	0:09	11	0:10	-	50:14	-	7	4:35	44	15:22
Sportplatz Mühlb	8.00	4:06	-	20	0:29	94	0:43	8.00	54:20	6:47	10	10:06	56	16:05