



Helbing King of Cross

Mühlberg / 01.11.2015

Detailed evaluation

Heinicke, Marco

Club: Road runners
Number: 581

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:07:07

Speed: 7.55 km/h
Running performance: 7:56 min/km

Rank in course/Total: 235 (of 304)

Rank in course/Men: 211 (of 252)

Best time in course: 1:05:10

Rank in category: 44(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 +	-	4:01	-	37	2:54	190	2:59	-	4:01	-	37	2:54	190	2:59
Himmelsleiter +	-	5:18	-	38	2:29	199	2:46	-	9:19	-	39	5:23	197	5:45
Nordwand + Dov	-	6:46	-	42	2:51	208	3:03	-	16:05	-	40	8:14	202	8:48
Nordwand + Dov	-	2:19	-	38	1:03	178	1:10	-	18:24	-	41	9:07	204	9:56
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	20:47	-	41	20:30	208	20:34	-	39:11	-	45	18:15	214	19:41
Pneumant Einstie	-	0:56	-	20	0:36	99	0:42	-	40:07	-	50	18:51	230	20:15
Pneumant Aussti	-	0:07	-	13	0:05	72	0:06	-	40:14	-	52	18:54	247	20:16
Heuschnupfen Ei	-	13:35	-	42	5:40	199	6:16	-	53:49	-	52	24:34	242	26:32
Heuschnupfen Ai	-	0:09	-	47	0:05	210	0:05	-	53:58	-	52	24:38	242	26:37
Schlammbowle E	-	3:09	-	42	1:23	211	1:26	-	57:07	-	51	26:01	241	28:02
Schlammbowle A	-	1:28	-	45	0:52	207	0:54	-	58:35	-	52	26:53	248	28:55
Himmelsleiter +	-	5:01	-	29	2:00	158	2:18	-	1:03:36	-	51	28:53	244	31:06
Himmelsleiter +	-	5:12	-	37	2:09	187	2:25	-	1:08:48	-	51	31:02	244	33:25
Nordwand + Dov	-	8:00	-	45	3:50	219	4:02	-	1:16:48	-	51	34:52	105	37:24
Nordwand + Dov	-	2:23	-	39	1:00	201	1:19	-	1:19:11	-	51	35:51	244	38:36
Duckmäuser Eins	-	21:58	-	35	10:07	161	21:41	-	1:41:09	-	41	45:58	191	49:45
Duckmäuser Aus	-	0:24	-	15	0:09	70	0:13	-	1:41:33	-	48	46:05	223	49:56
Pneumant Einstie	-	1:23	-	30	1:02	137	1:03	-	1:42:56	-	46	47:07	196	50:59
Pneumant Aussti	-	0:09	-	31	0:07	135	0:07	-	1:43:05	-	51	47:12	245	51:06
Heuschnupfen Ei	-	14:47	-	44	6:49	206	7:26	-	1:57:52	-	51	54:01	245	58:32
Heuschnupfen Ai	-	0:08	-	42	0:04	189	0:04	-	1:58:00	-	51	54:05	243	58:36
Schlammbowle E	-	3:10	-	42	1:29	199	1:29	-	2:01:10	-	52	55:34	241	1:00:04
Schlammbowle A	-	1:42	-	48	1:03	222	1:08	-	2:02:52	-	52	56:37	247	1:01:10
Sportplatz Mühlb	8.00	4:15	-	43	1:04	207	1:04	16.00	2:07:07	7:56	44	57:41	211	1:01:57