



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Grempel, Franz

Club: Coburg Locals / RunningBros
Number: 598

Course: 16.00 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:48:03

Speed: 8.88 km/h
Running performance: 6:45 min/km

Rank in course/Total: 116 (of 304)

Rank in course/Men: 110 (of 252)

Best time in course: 1:05:10

Rank in category: 1(of 12)

Best time in the category: 1:48:03

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 +	-	3:19	-	6	0:49	158	2:17	-	3:19	-	6	0:49	158	2:17	
Himmelsleiter +	-	5:00	-	4	0:51	147	2:28	-	8:19	-	6	1:40	152	4:45	
Nordwand + Dov	-	6:12	-	6	0:41	157	2:29	-	14:31	-	6	1:55	153	7:14	
Nordwand + Dov	-	2:17	-	9	0:24	173	1:08	-	16:48	-	6	2:19	154	8:20	
Duckmäuser Eins	-	17:23	-	1	-	75	6:43	-	34:11	-	4	1:50	87	14:55	
Duckmäuser Aus	-	0:29	-	7	0:06	107	0:16	-	34:40	-	4	1:55	87	15:10	
Pneumant Einstie	-	1:07	-	5	0:23	127	0:53	-	35:47	-	4	2:01	81	15:55	
Pneumant Aussti	-	0:08	-	3	0:04	103	0:07	-	35:55	-	4	2:00	80	15:57	
Heuschneppen Ei	-	12:20	-	4	0:24	134	5:01	-	48:15	-	5	1:53	74	20:58	
Heuschneppen Ai	-	0:12	-	11	0:07	233	0:08	-	48:27	-	5	1:59	74	21:06	
Schlammbowle E	-	2:40	-	1	-	91	0:57	-	51:07	-	5	1:45	73	22:02	
Schlammbowle A	-	1:10	-	4	0:08	140	0:36	-	52:17	-	4	1:53	73	22:37	
Himmelsleiter +	-	4:10	-	1	-	46	1:27	-	56:27	-	2	0:47	68	23:57	
Himmelsleiter +	-	4:36	-	1	-	103	1:49	-	1:01:03	-	2	0:12	65	25:40	
Nordwand + Dov	-	6:13	-	2	0:01	84	2:15	-	1:07:16	-	1	-	62	27:52	
Nordwand + Dov	-	2:08	-	4	0:07	148	1:04	-	1:09:24	-	1	-	62	28:49	
Duckmäuser Eins	-	17:26	-	1	-	64	17:09	-	1:26:50	-	1	-	54	35:26	
Duckmäuser Aus	-	0:29	-	6	0:06	125	0:18	-	1:27:19	-	1	-	54	35:42	
Pneumant Einstie	-	0:50	-	1	-	59	0:30	-	1:28:09	-	1	-	47	36:12	
Pneumant Aussti	-	0:09	-	6	0:04	135	0:07	-	1:28:18	-	1	-	47	36:19	
Heuschneppen Ei	-	11:55	-	1	-	95	4:34	-	1:40:13	-	1	-	46	40:53	
Heuschneppen Ai	-	0:08	-	8	0:02	189	0:04	-	1:40:21	-	1	-	46	40:57	
Schlammbowle E	-	2:39	-	2	0:10	85	0:58	-	1:43:00	-	1	-	45	41:54	
Schlammbowle A	-	1:17	-	2	0:06	154	0:43	-	1:44:17	-	1	-	46	42:35	
Sportplatz Mühlb	8.00	3:46	-	1	-	63	0:35	16.00	1:48:03	6:45	1	-	110	42:53	