



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Sonnefeld, Oliver

Club: Coburg Locals / RunningBros
Number: 460

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:05:37

Speed: 7.64 km/h
Running performance: 7:51 min/km

Rank in course/Total: 223 (of 304)

Rank in course/Men: 200 (of 252)

Best time in course: 1:05:10

Rank in category: 36(of 42)

Best time in the category: 1:05:21

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 +	-	3:37	-	33	2:35	175	2:35	-	3:37	-	33	2:35	175	2:35	
Himmelsleiter +	-	5:23	-	38	2:51	214	2:51	-	9:00	-	34	5:26	179	5:26	
Nordwand + Dov	-	6:34	-	38	2:51	192	2:51	-	15:34	-	36	8:17	194	8:17	
Nordwand + Dov	-	2:41	-	41	1:30	234	1:32	-	18:15	-	38	9:47	200	9:47	
Duckmäuser Eins	-	19:58	-	17	7:16	128	9:18	-	38:13	-	16	14:58	127	18:57	
Duckmäuser Aus	-	0:31	-	16	0:16	125	0:18	-	38:44	-	15	15:05	124	19:14	
Pneumant Einstie	-	1:21	-	27	1:07	162	1:07	-	40:05	-	15	16:02	114	20:13	
Pneumant Aussti	-	0:08	-	21	0:07	103	0:07	-	40:13	-	15	16:05	113	20:15	
Heuschnupfen Ei	-	13:49	-	37	6:19	209	6:30	-	54:02	-	14	20:58	109	26:45	
Heuschnupfen Ai	-	0:06	-	10	0:02	50	0:02	-	54:08	-	14	20:58	105	26:47	
Schlammbowle E	-	3:02	-	38	1:19	191	1:19	-	57:10	-	15	21:51	105	28:05	
Schlammbowle A	-	1:21	-	34	0:47	186	0:47	-	58:31	-	15	22:35	105	28:51	
Himmelsleiter +	-	4:45	-	18	2:02	115	2:02	-	1:03:16	-	13	23:59	101	30:46	
Himmelsleiter +	-	5:12	-	34	2:25	187	2:25	-	1:08:28	-	13	25:41	101	33:05	
Nordwand + Dov	-	6:58	-	31	3:00	156	3:00	-	1:15:26	-	13	27:49	99	36:02	
Nordwand + Dov	-	2:27	-	38	1:23	214	1:23	-	1:17:53	-	13	28:46	99	37:18	
Duckmäuser Eins	-	21:50	-	26	10:59	159	21:33	-	1:39:43	-	13	37:28	89	48:19	
Duckmäuser Aus	-	0:24	-	12	0:08	70	0:13	-	1:40:07	-	13	37:32	89	48:30	
Pneumant Einstie	-	1:23	-	22	1:01	137	1:03	-	1:41:30	-	11	38:31	80	49:33	
Pneumant Aussti	-	0:08	-	19	0:06	103	0:06	-	1:41:38	-	11	38:35	80	49:39	
Heuschnupfen Ei	-	15:39	-	40	8:12	228	8:18	-	1:57:17	-	12	45:21	83	57:57	
Heuschnupfen Ai	-	0:09	-	35	0:05	212	0:05	-	1:57:26	-	12	45:25	83	58:02	
Schlammbowle E	-	2:52	-	28	1:09	140	1:11	-	2:00:18	-	12	46:16	81	59:12	
Schlammbowle A	-	1:22	-	29	0:48	177	0:48	-	2:01:40	-	12	46:55	81	59:58	
Sportplatz Mühlb	8.00	3:57	-	25	0:39	128	0:46	16.00	2:05:37	7:51	36	1:00:16	200	1:00:27	