



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Schäfer, Ingo

Club: Die glorreichen 7
Number: 511

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:58:16

Speed: 8.12 km/h
Running performance: 7:23 min/km

Rank in course/Total: 187 (of 304)

Rank in course/Men: 174 (of 252)

Best time in course: 1:05:10

Rank in category: 31(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 +	-	3:17	-	27	2:15	155	2:15	-	3:17	-	27	2:15	155	2:15
Himmelsleiter +	-	5:03	-	24	2:31	153	2:31	-	8:20	-	26	4:46	153	4:46
Nordwand + Dov	-	6:12	-	30	2:29	157	2:29	-	14:32	-	27	7:15	154	7:15
Nordwand + Dov	-	2:16	-	32	1:05	169	1:07	-	16:48	-	28	8:20	154	8:20
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	19:21	-	33	19:06	201	19:08	-	36:09	-	35	12:30	108	16:39
Pneumant Einstie	-	0:35	-	8	0:21	34	0:21	-	36:44	-	42	12:41	230	16:52
Pneumant Aussti	-	0:09	-	29	0:08	133	0:08	-	36:53	-	43	12:45	247	16:55
Heuschnupfen Ei	-	12:59	-	32	5:29	169	5:40	-	49:52	-	42	16:48	242	22:35
Heuschnupfen Ai	-	0:08	-	31	0:04	194	0:04	-	50:00	-	43	16:50	242	22:39
Schlammbowle E	-	3:01	-	36	1:18	187	1:18	-	53:01	-	43	17:42	241	23:56
Schlammbowle A	-	1:05	-	25	0:31	121	0:31	-	54:06	-	43	18:10	248	24:26
Himmelsleiter +	-	5:00	-	32	2:17	156	2:17	-	59:06	-	43	19:49	244	26:36
Himmelsleiter +	-	5:13	-	35	2:26	190	2:26	-	1:04:19	-	43	21:32	244	28:56
Nordwand + Dov	-	6:59	-	32	3:01	160	3:01	-	1:11:18	-	43	23:41	244	31:54
Nordwand + Dov	-	2:12	-	32	1:08	170	1:08	-	1:13:30	-	43	24:23	244	32:55
Duckmäuser Eins	-	20:28	-	23	9:37	133	20:11	-	1:33:58	-	32	31:43	191	42:34
Duckmäuser Aus	-	0:27	-	22	0:11	112	0:16	-	1:34:25	-	37	31:50	223	42:48
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	1:43	-	37	1:41	230	1:41	-	1:36:08	-	43	33:05	245	44:09
Heuschnupfen Ei	-	13:43	-	34	6:16	183	6:22	-	1:49:51	-	43	37:55	245	50:31
Heuschnupfen Ai	-	0:07	-	20	0:03	132	0:03	-	1:49:58	-	42	37:57	243	50:34
Schlammbowle E	-	2:57	-	31	1:14	156	1:16	-	1:52:55	-	42	38:53	241	51:49
Schlammbowle A	-	1:16	-	23	0:42	148	0:42	-	1:54:11	-	43	39:26	247	52:29
Sportplatz Mühlb	8.00	4:05	-	32	0:47	171	0:54	16.00	1:58:16	7:23	31	52:55	174	53:06