



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Seiler, Christian

Club: Zeulenroda-Triebes
Number: 400

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:26

Speed: 13.83 km/h
Running performance: 4:20 min/km

Rank in course/Total: 3 (of 304)

Rank in course/Men: 3 (of 252)

Best time in course: 1:05:10

Rank in category: 1(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 +	-	1:07	-	1	-	3	0:05	-	1:07	-	1	-	3	0:05	
Himmelsleiter +	-	2:49	-	1	-	5	0:17	-	3:56	-	1	-	3	0:22	
Nordwand + Dov	-	3:55	-	1	-	3	0:12	-	7:51	-	1	-	3	0:34	
Nordwand + Dov	-	1:26	-	2	0:10	14	0:17	-	9:17	-	1	-	4	0:49	
Duckmäuser Eins	-	11:18	-	1	-	2	0:38	-	20:35	-	1	-	2	1:19	
Duckmäuser Aus	-	0:21	-	8	0:04	30	0:08	-	20:56	-	1	-	2	1:26	
Pneumant Einstie	-	0:20	-	1	-	2	0:06	-	21:16	-	1	-	2	1:24	
Pneumant Aussti	-	0:04	-	5	0:02	11	0:03	-	21:20	-	1	-	2	1:22	
Heuschupfen Ei	-	7:55	-	1	-	4	0:36	-	29:15	-	1	-	2	1:58	
Heuschupfen Ai	-	0:05	-	2	0:01	8	0:01	-	29:20	-	1	-	2	1:59	
Schlammbowle E	-	1:46	-	1	-	4	0:03	-	31:06	-	1	-	2	2:01	
Schlammbowle A	-	0:36	-	1	-	4	0:02	-	31:42	-	1	-	2	2:02	
Himmelsleiter +	-	3:01	-	1	-	5	0:18	-	34:43	-	1	-	2	2:13	
Himmelsleiter +	-	3:03	-	1	-	4	0:16	-	37:46	-	1	-	2	2:23	
Nordwand + Dov	-	4:10	-	1	-	3	0:12	-	41:56	-	1	-	2	2:32	
Nordwand + Dov	-	1:24	-	2	0:01	9	0:20	-	43:20	-	1	-	2	2:45	
Duckmäuser Eins	-	11:51	-	1	-	5	11:34	-	55:11	-	1	-	3	3:47	
Duckmäuser Aus	-	0:17	-	3	0:02	15	0:06	-	55:28	-	1	-	3	3:51	
Pneumant Einstie	-	0:21	-	1	-	3	0:01	-	55:49	-	1	-	3	3:52	
Pneumant Aussti	-	0:04	-	4	0:02	16	0:02	-	55:53	-	1	-	3	3:54	
Heuschupfen Ei	-	7:58	-	1	-	4	0:37	-	1:03:51	-	1	-	2	4:31	
Heuschupfen Ai	-	0:04	-	1	-	1	-	-	1:03:55	-	1	-	2	4:31	
Schlammbowle E	-	1:41	-	1	-	1	-	-	1:05:36	-	1	-	2	4:30	
Schlammbowle A	-	0:39	-	1	-	6	0:05	-	1:06:15	-	1	-	2	4:33	
Sportplatz Mühlb	8.00	3:11	-	1	-	1	-	16.00	1:09:26	4:20	1	-	3	4:16	