



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       |  |