



Helbing King of Cross
Mühlberg / 01.11.2015

Detailed evaluation

Jochim, Simon

Club: Seamrog Rugby
Number: 541

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:03:58

Speed: 7.74 km/h
Running performance: 7:45 min/km

Rank in course/Total: 215 (of 304)

Rank in course/Men: 195 (of 252)

Best time in course: 1:05:10

Rank in category: 36(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 +	-	4:20	-	45	3:13	210	3:18	-	4:20	-	45	3:13	210	3:18	
Himmelsleiter +	-	4:58	-	31	2:09	144	2:26	-	9:18	-	38	5:22	196	5:44	
Nordwand + Dov	-	5:59	-	27	2:04	136	2:16	-	15:17	-	35	7:26	187	8:00	
Nordwand + Dov	-	2:22	-	39	1:06	188	1:13	-	17:39	-	35	8:22	187	9:11	
Duckmäuser Eins	-	19:08	-	21	7:50	116	8:28	-	36:47	-	22	16:12	119	17:31	
Duckmäuser Aus	-	0:27	-	17	0:10	92	0:14	-	37:14	-	22	16:18	117	17:44	
Pneumant Einstie	-	1:17	-	34	0:57	153	1:03	-	38:31	-	21	17:15	107	18:39	
Pneumant Aussti	-	0:11	-	43	0:09	190	0:10	-	38:42	-	21	17:22	107	18:44	
Heuschupfen Ei	-	12:48	-	28	4:53	158	5:29	-	51:30	-	18	22:15	99	24:13	
Heuschupfen Ai	-	0:06	-	13	0:02	50	0:02	-	51:36	-	18	22:16	95	24:15	
Schlammbowle E	-	2:45	-	22	0:59	124	1:02	-	54:21	-	17	23:15	92	25:16	
Schlammbowle A	-	1:13	-	30	0:37	149	0:39	-	55:34	-	17	23:52	93	25:54	
Himmelsleiter +	-	4:57	-	26	1:56	144	2:14	-	1:00:31	-	17	25:48	90	28:01	
Himmelsleiter +	-	4:52	-	25	1:49	141	2:05	-	1:05:23	-	17	27:37	89	30:00	
Nordwand + Dov	-	7:17	-	35	3:07	180	3:19	-	1:12:40	-	17	30:44	90	33:16	
Nordwand + Dov	-	2:14	-	34	0:51	176	1:10	-	1:14:54	-	18	31:34	91	34:19	
Duckmäuser Eins	-	21:50	-	34	9:59	159	21:33	-	1:36:44	-	17	41:33	85	45:20	
Duckmäuser Aus	-	0:26	-	22	0:11	102	0:15	-	1:37:10	-	17	41:42	85	45:33	
Pneumant Einstie	-	1:33	-	33	1:12	151	1:13	-	1:38:43	-	16	42:54	76	46:46	
Pneumant Aussti	-	0:09	-	31	0:07	135	0:07	-	1:38:52	-	16	42:59	76	46:53	
Heuschupfen Ei	-	15:52	-	49	7:54	230	8:31	-	1:54:44	-	16	50:53	79	55:24	
Heuschupfen Ai	-	0:06	-	13	0:02	58	0:02	-	1:54:50	-	16	50:55	78	55:26	
Schlammbowle E	-	3:22	-	45	1:41	216	1:41	-	1:58:12	-	16	52:36	77	57:06	
Schlammbowle A	-	1:26	-	42	0:47	198	0:52	-	1:59:38	-	16	53:23	77	57:56	
Sportplatz Mühlb	8.00	4:20	-	46	1:09	217	1:09	16.00	2:03:58	7:44	36	54:32	195	58:48	