



# Helbing King of Cross

Mühlberg / 01.11.2015

## Detailed evaluation

**Sascha, Mühlberger**

**Total time: 1:45:42**

Club: Drillout Peppi's GTR Laufladen Erfurt Runners  
Number: 452

Speed: 9.08 km/h  
Running performance: 6:37 min/km

Course: 16.00 km  
Expert

Rank in course/Total: 98 (of 304)  
Rank in course/Men: 93 (of 252)  
Best time in course: 1:05:10

Category:  
Senioren M30 (30-34 Jahre)

Rank in category: 17(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 +	-	3:12	-	29	2:05	148	2:10	-	3:12	-	29	2:05	148	2:10	
Himmelsleiter +	-	4:29	-	16	1:40	89	1:57	-	7:41	-	22	3:45	123	4:07	
Nordwand + Dov	-	5:44	-	18	1:49	99	2:01	-	13:25	-	21	5:34	117	6:08	
Nordwand + Dov	-	1:56	-	15	0:40	84	0:47	-	15:21	-	18	6:04	110	6:53	
Duckmäuser Eins	-	15:46	-	8	4:28	35	5:06	-	31:07	-	10	10:32	51	11:51	
Duckmäuser Aus	-	0:19	-	2	0:02	15	0:06	-	31:26	-	10	10:30	51	11:56	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:41	-	51	0:39	230	0:40	-	32:07	-	7	10:47	43	12:09	
Heuschnupfen Ei	-	11:02	-	9	3:07	51	3:43	-	43:09	-	7	13:54	40	15:52	
Heuschnupfen Ai	-	0:05	-	2	0:01	8	0:01	-	43:14	-	7	13:54	39	15:53	
Schlammbowle E	-	2:38	-	12	0:52	81	0:55	-	45:52	-	6	14:46	38	16:47	
Schlammbowle A	-	0:57	-	11	0:21	69	0:23	-	46:49	-	6	15:07	38	17:09	
Himmelsleiter +	-	5:08	-	32	2:07	173	2:25	-	51:57	-	7	17:14	43	19:27	
Himmelsleiter +	-	4:53	-	27	1:50	145	2:06	-	56:50	-	8	19:04	46	21:27	
Nordwand + Dov	-	6:46	-	23	2:36	133	2:48	-	1:03:36	-	10	21:40	48	24:12	
Nordwand + Dov	-	1:57	-	15	0:34	84	0:53	-	1:05:33	-	10	22:13	48	24:58	
Duckmäuser Eins	-	17:50	-	15	5:59	78	17:33	-	1:23:23	-	9	28:12	45	31:59	
Duckmäuser Aus	-	0:19	-	5	0:04	24	0:08	-	1:23:42	-	48	28:14	223	32:05	
Pneumant Einstie	-	1:58	-	40	1:37	169	1:38	-	1:25:40	-	46	29:51	196	33:43	
Pneumant Aussti	-	0:04	-	4	0:02	16	0:02	-	1:25:44	-	51	29:51	245	33:45	
Heuschnupfen Ei	-	11:56	-	17	3:58	96	4:35	-	1:37:40	-	9	33:49	43	38:20	
Heuschnupfen Ai	-	0:06	-	13	0:02	58	0:02	-	1:37:46	-	51	33:51	243	38:22	
Schlammbowle E	-	2:45	-	20	1:04	109	1:04	-	1:40:31	-	9	34:55	42	39:25	
Schlammbowle A	-	1:05	-	16	0:26	90	0:31	-	1:41:36	-	8	35:21	41	39:54	
Sportplatz Mühlb	8.00	4:06	-	33	0:55	175	0:55	16.00	1:45:42	6:36	17	36:16	93	40:32	