# Helbing King of Cross
Mühlberg / 01.11.2015

## Detalizēti rezultāti

## Liebchen, Jan

Klubs: Sport Fundgrube Rudolstadt
Numurs: 429

Posms: 16.00 km
Expert

Grupa:
Senioren M45 (45-49 Jahre)

## Kopējais laiks: 1:53:37

Ātrums: 8.45 km/h
Skrējiena izpildījums: 7:06 min/km

Vieta distancē/Kopā: 154 (no 304)
Vieta distancē/Vīrieši: 144 (no 252)
Distances labākais laiks: 1:05:10

Vieta grupā: 23(no 35)
Grupas labākais laiks: 1:17:46

Vidējie laiki

| Kontrolpunkts | Posma km | Posma Laiks | Posma min/km | Vietā grupā | Atrāk grupā | Vietā Vīrieši | Atrāk Vīrieši | Kopā km | Kopā Laiks | Kopā min/km | Vietā grupā | Atrāk grupā | Vietā Vīrieši | Atrāk Vīrieši |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Posma rezultāts | | | | | | | Kopējais rezultāts | | | | | | |
| Himmelsleiter + | - | 4:54 | - | 33 | 3:29 | 237 | 3:52 | - | 4:54 | - | 33 | 3:29 | 237 | 3:52 |
| Himmelsleiter + | - | 5:37 | - | 32 | 2:36 | 240 | 3:05 | - | 10:31 | - | 33 | 6:04 | 240 | 6:57 |
| Nordwand + Dov | - | 8:11 | - | 33 | 3:52 | 242 | 4:28 | - | 18:42 | - | 33 | 9:56 | 240 | 11:25 |
| Nordwand + Dov | - | 2:10 | - | 22 | 0:49 | 147 | 1:01 | - | 20:52 | - | 33 | 10:45 | 240 | 12:24 |
| Duckmäuser Eins | - | 20:24 | - | 19 | 7:43 | 135 | 9:44 | - | 41:16 | - | 20 | 18:28 | 150 | 22:00 |
| Duckmäuser Aus | - | 0:24 | - | 6 | 0:04 | 57 | 0:11 | - | 41:40 | - | 18 | 18:32 | 146 | 22:10 |
| Pneumant Einstie | - | 0:57 | - | 16 | 0:33 | 101 | 0:43 | - | 42:37 | - | 15 | 19:03 | 131 | 22:45 |
| Pneumant Aussti | - | 0:08 | - | 14 | 0:06 | 103 | 0:07 | - | 42:45 | - | 15 | 19:06 | 130 | 22:47 |
| Heuschnupfen Ei | - | 11:26 | - | 10 | 2:33 | 75 | 4:07 | - | 54:11 | - | 12 | 21:39 | 113 | 26:54 |
| Heuschnupfen Au | - | 0:07 | - | 18 | 0:02 | 139 | 0:03 | - | 54:18 | - | 12 | 21:40 | 109 | 26:57 |
| Schlammbowle E | - | 2:41 | - | 16 | 0:37 | 98 | 0:58 | - | 56:59 | - | 11 | 22:17 | 103 | 27:54 |
| Schlammbowle A | - | 1:10 | - | 20 | 0:24 | 140 | 0:36 | - | 58:09 | - | 11 | 22:41 | 103 | 28:29 |
| Himmelsleiter + | - | 4:44 | - | 19 | 1:20 | 112 | 2:01 | - | 1:02:53 | - | 11 | 24:01 | 100 | 30:23 |
| Himmelsleiter + | - | 4:49 | - | 21 | 1:24 | 130 | 2:02 | - | 1:07:42 | - | 11 | 25:25 | 99 | 32:19 |
| Nordwand + Dov | - | 6:18 | - | 16 | 1:35 | 95 | 2:20 | - | 1:14:00 | - | 11 | 27:00 | 96 | 34:36 |
| Nordwand + Dov | - | 1:58 | - | 14 | 0:33 | 96 | 0:54 | - | 1:15:58 | - | 11 | 27:33 | 96 | 35:23 |
| Duckmäuser Eins | - | 17:21 | - | 10 | 17:04 | 62 | 17:04 | - | 1:33:19 | - | 8 | 31:45 | 78 | 41:55 |
| Duckmäuser Aus | - | 0:22 | - | 5 | 0:10 | 47 | 0:11 | - | 1:33:41 | - | 8 | 31:45 | 78 | 42:04 |
| Pneumant Einstie | - | 0:59 | - | 12 | 0:39 | 88 | 0:39 | - | 1:34:40 | - | 7 | 32:19 | 67 | 42:43 |
| Pneumant Aussti | - | 0:07 | - | 10 | 0:04 | 80 | 0:05 | - | 1:34:47 | - | 7 | 32:22 | 67 | 42:48 |
| Heuschnupfen Ei | - | 11:51 | - | 16 | 2:55 | 94 | 4:30 | - | 1:46:38 | - | 7 | 35:17 | 63 | 47:18 |
| Heuschnupfen Au | - | 0:05 | - | 1 | - | 9 | 0:01 | - | 1:46:43 | - | 7 | 35:17 | 63 | 47:19 |
| Schlammbowle E | - | 2:27 | - | 8 | 0:23 | 47 | 0:46 | - | 1:49:10 | - | 6 | 35:40 | 60 | 48:04 |
| Schlammbowle A | - | 0:55 | - | 6 | 0:11 | 43 | 0:21 | - | 1:50:05 | - | 6 | 35:48 | 58 | 48:23 |
| Sportplatz Mühlb | 8.00 | 3:32 | - | 2 | 0:03 | 14 | 0:21 | 16.00 | 1:53:37 | 7:06 | 23 | 35:51 | 144 | 48:27 |