



# Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Ortmann, Christian

□□: Erfurt- Salomonsborn  
 □□: 7

□□: 8.00 km  
 Sprint

□□□□:  
 Senioren M35 (35-39 Jahre)

□□□: 1:01:41

□□: 7.78 km/h  
 □□□□: 7:43 min/km

□□□□□/□□□: 136 (of 292)

□□□□□/□: 110 (of 192)

□□□□□□: 38:15

□□□□□: 21(of 31)

□□□□□□□: 44:14

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter +  | -        | 3:19     | -            | 12      | 1:20    | 81      | 1:57    | -    | 3:19      | -         | 12            | 1:20    | 81      | 1:57    |         |
| Himmelsleiter +  | -        | 5:04     | -            | 14      | 1:40    | 92      | 2:14    | -    | 8:23      | -         | 14            | 3:00    | 89      | 4:11    |         |
| Nordwand + Dov   | -        | 6:54     | -            | 21      | 1:53    | 115     | 2:29    | -    | 15:17     | -         | 18            | 4:53    | 99      | 6:38    |         |
| Nordwand + Dov   | -        | 2:30     | -            | 21      | 1:01    | 120     | 1:02    | -    | 17:47     | -         | 18            | 5:54    | 101     | 7:36    |         |
| Duckmäuser Eins  | -        | fehlt!   | -            | -       | -       | -       | -       | -    | -         | -         | -             | -       | -       | -       |         |
| Duckmäuser Aus   | -        | 20:39    | -            | 22      | 20:20   | 143     | 20:23   | -    | 38:26     | -         | 30            | 10:11   | 166     | 15:22   |         |
| Pneumant Einstie | -        | 1:29     | -            | 25      | 1:01    | 137     | 1:08    | -    | 39:55     | -         | 30            | 8:48    | 184     | 16:27   |         |
| Pneumant Aussti  | -        | 0:09     | -            | 12      | 0:06    | 80      | 0:06    | -    | 40:04     | -         | 32            | 8:52    | 192     | 16:30   |         |
| Heuschnupfen Ei  | -        | 13:34    | -            | 22      | 3:38    | 117     | 4:50    | -    | 53:38     | -         | 31            | 11:18   | 188     | 21:20   |         |
| Heuschnupfen Ai  | -        | 0:06     | -            | 11      | 0:01    | 65      | 0:02    | -    | 53:44     | -         | 32            | 11:19   | 190     | 21:22   |         |
| Schlammbowle E   | -        | 2:47     | -            | 21      | 0:35    | 99      | 0:52    | -    | 56:31     | -         | 32            | 11:42   | 189     | 22:13   |         |
| Schlammbowle A   | -        | 1:04     | -            | 15      | 0:29    | 84      | 0:30    | -    | 57:35     | -         | 32            | 11:56   | 191     | 22:43   |         |
| Sportplatz Mühlb | 8.00     | 4:06     | -            | 20      | 0:29    | 94      | 0:43    | 8.00 | 1:01:41   | 7:42      | 21            | 17:27   | 110     | 23:26   |         |