



Helbing King of Cross  
Mühlberg / 01.11.2015

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Tausendfreund, Oliver

□□: CROSSFIT ERFURT

□□: 202

□□: 8.00 km

Sprint

□□□□:

Männer (20-29 Jahre)

□□□: 56:24

□□: 8.51 km/h

□□□□: 7:03 min/km

□□□□□/□□□: 71 (of 292)

□□□□□/□: 63 (of 192)

□□□□□□: 38:15

□□□□□: 13(of 40)

□□□□□□□: 38:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:49	-	13	1:27	60	1:27	-	2:49	-	13	1:27	60	1:27	
Himmelsleiter +	-	4:30	-	13	1:40	58	1:40	-	7:19	-	13	3:07	57	3:07	
Nordwand + Dov	-	6:17	-	13	1:50	68	1:52	-	13:36	-	12	4:57	58	4:57	
Nordwand + Dov	-	2:26	-	21	0:54	103	0:58	-	16:02	-	14	5:51	63	5:51	
Duckmäuser Eins	-	18:10	-	11	3:44	57	5:49	-	34:12	-	11	6:57	53	11:26	
Duckmäuser Aus	-	0:30	-	20	0:14	98	0:14	-	34:42	-	11	7:07	52	11:38	
Pneumant Einstie	-	1:08	-	21	0:47	105	0:47	-	35:50	-	11	7:46	51	12:22	
Pneumant Aussti	-	0:09	-	21	0:06	80	0:06	-	35:59	-	11	7:52	51	12:25	
Heuschnupfen Ei	-	12:54	-	19	3:59	95	4:10	-	48:53	-	11	10:34	53	16:35	
Heuschnupfen Ai	-	0:05	-	3	0:01	10	0:01	-	48:58	-	11	10:35	51	16:36	
Schlammbowle E	-	2:40	-	15	0:45	72	0:45	-	51:38	-	11	11:07	51	17:20	
Schlammbowle A	-	0:52	-	6	0:12	36	0:18	-	52:30	-	11	11:15	50	17:38	
Sportplatz Mühlb	8.00	3:54	-	13	0:29	52	0:31	8.00	56:24	7:02	13	17:45	63	18:09	