



Helbing King of Cross

Mühlberg / 01.11.2015

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Solf, Daniel

□□: Team Helbing
 □□: 127

□□: 16.00 km
 Expert

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 1:53:03

□□: 8.49 km/h
 □□□□: 7:04 min/km

□□□□□/□□□□: 147 (of 304)

□□□□□/□: 138 (of 252)

□□□□□□: 1:05:10

□□□□□: 21(of 35)

□□□□□□□: 1:17:46

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 2:29 | - | 7 | 1:04 | 74 | 1:27 | - | 2:29 | - | 7 | 1:04 | 74 | 1:27 | |
| Himmelsleiter + | - | 4:02 | - | 6 | 1:01 | 60 | 1:30 | - | 6:31 | - | 6 | 2:04 | 63 | 2:57 | |
| Nordwand + Dov | - | 5:26 | - | 7 | 1:07 | 51 | 1:43 | - | 11:57 | - | 6 | 3:11 | 57 | 4:40 | |
| Nordwand + Dov | - | 1:44 | - | 6 | 0:23 | 40 | 0:35 | - | 13:41 | - | 6 | 3:34 | 56 | 5:13 | |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - | |
| Duckmäuser Aus | - | 16:45 | - | 22 | 16:25 | 175 | 16:32 | - | 30:26 | - | 31 | 7:18 | 214 | 10:56 | |
| Pneumant Einstie | - | 0:53 | - | 14 | 0:29 | 89 | 0:39 | - | 31:19 | - | 31 | 7:45 | 230 | 11:27 | |
| Pneumant Aussti | - | 0:09 | - | 16 | 0:07 | 133 | 0:08 | - | 31:28 | - | 35 | 7:49 | 247 | 11:30 | |
| Heuschnupfen Ei | - | 12:08 | - | 17 | 3:15 | 116 | 4:49 | - | 43:36 | - | 33 | 11:04 | 242 | 16:19 | |
| Heuschnupfen Ai | - | 0:05 | - | 1 | - | 8 | 0:01 | - | 43:41 | - | 33 | 11:03 | 242 | 16:20 | |
| Schlammbowle E | - | 2:31 | - | 9 | 0:27 | 55 | 0:48 | - | 46:12 | - | 33 | 11:30 | 241 | 17:07 | |
| Schlammbowle A | - | 0:53 | - | 5 | 0:07 | 49 | 0:19 | - | 47:05 | - | 34 | 11:37 | 248 | 17:25 | |
| Himmelsleiter + | - | 5:13 | - | 23 | 1:49 | 178 | 2:30 | - | 52:18 | - | 34 | 13:26 | 244 | 19:48 | |
| Himmelsleiter + | - | 4:47 | - | 20 | 1:22 | 127 | 2:00 | - | 57:05 | - | 34 | 14:48 | 244 | 21:42 | |
| Nordwand + Dov | - | 7:00 | - | 24 | 2:17 | 164 | 3:02 | - | 1:04:05 | - | 34 | 17:05 | 244 | 24:41 | |
| Nordwand + Dov | - | 1:52 | - | 7 | 0:27 | 60 | 0:48 | - | 1:05:57 | - | 34 | 17:32 | 244 | 25:22 | |
| Duckmäuser Eins | - | 19:43 | - | 18 | 19:26 | 119 | 19:26 | - | 1:25:40 | - | 26 | 24:06 | 191 | 34:16 | |
| Duckmäuser Aus | - | 0:32 | - | 19 | 0:20 | 149 | 0:21 | - | 1:26:12 | - | 32 | 24:16 | 223 | 34:35 | |
| Pneumant Einstie | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - | |
| Pneumant Aussti | - | 1:54 | - | 35 | 1:51 | 231 | 1:52 | - | 1:28:06 | - | 36 | 25:41 | 245 | 36:07 | |
| Heuschnupfen Ei | - | 14:59 | - | 29 | 6:03 | 212 | 7:38 | - | 1:43:05 | - | 36 | 31:44 | 245 | 43:45 | |
| Heuschnupfen Ai | - | 0:08 | - | 25 | 0:03 | 189 | 0:04 | - | 1:43:13 | - | 36 | 31:47 | 243 | 43:49 | |
| Schlammbowle E | - | 3:59 | - | 31 | 1:55 | 233 | 2:18 | - | 1:47:12 | - | 34 | 33:42 | 241 | 46:06 | |
| Schlammbowle A | - | 1:33 | - | 28 | 0:49 | 206 | 0:59 | - | 1:48:45 | - | 36 | 34:28 | 247 | 47:03 | |
| Sportplatz Mühlb | 8.00 | 4:18 | - | 28 | 0:49 | 215 | 1:07 | 16.00 | 1:53:03 | 7:03 | 21 | 35:17 | 138 | 47:53 | |