



Helbing King of Cross
Mühlberg / 01.11.2015

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Krause, Mike

□□: Road runners
□□: 183

□□: 8.00 km
Sprint

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 1:00:19

□□: 7.96 km/h
□□□□: 7:32 min/km

□□□□□/□□□: 125 (of 292)

□□□□□/□: 100 (of 192)

□□□□□□: 38:15

□□□□□: 16(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:55	-	12	1:07	66	1:33	-	2:55	-	12	1:07	66	1:33
Himmelsleiter +	-	4:50	-	13	1:26	80	2:00	-	7:45	-	13	2:28	70	3:33
Nordwand + Dov	-	7:00	-	20	1:59	122	2:35	-	14:45	-	13	4:27	80	6:06
Nordwand + Dov	-	2:27	-	19	0:57	110	0:59	-	17:12	-	13	5:24	83	7:01
Duckmäuser Eins	-	19:31	-	13	5:29	82	7:10	-	36:43	-	14	10:53	77	13:57
Duckmäuser Aus	-	0:28	-	15	0:12	82	0:12	-	37:11	-	14	11:05	76	14:07
Pneumant Einstie	-	1:15	-	19	0:46	120	0:54	-	38:26	-	14	11:49	76	14:58
Pneumant Aussti	-	0:12	-	19	0:08	133	0:09	-	38:38	-	14	11:55	76	15:04
Heuschnupfen Ei	-	13:12	-	18	3:16	107	4:28	-	51:50	-	14	15:11	77	19:32
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	51:56	-	12	15:10	75	19:34
Schlammbowle E	-	3:04	-	21	0:52	130	1:09	-	55:00	-	12	16:02	74	20:42
Schlammbowle A	-	1:17	-	17	0:35	119	0:43	-	56:17	-	12	16:34	75	21:25
Sportplatz Mühlb	8.00	4:02	-	13	0:26	78	0:39	8.00	1:00:19	7:32	16	17:00	100	22:04