



Helbing King of Cross

Mühlberg / 01.11.2015

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Wolter, Steffen

00: RennsteigSpirit
00: 359

00: 16.00 km
Expert

0000:
Senioren M50 (50-54 Jahre)

000: 1:52:15

00: 8.55 km/h
0000: 7:01 min/km

00000/0000: 139 (of 304)

00000/0: 132 (of 252)

000000: 1:05:10

00000: 2(of 12)

0000000: 1:48:03

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| 000 | 00 km | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 km | 000 min/km | 00 - | 00 - | 00 0 | 00 0 | | |
|------------------|-------|-----------|------|------|------|------|--------|------------|---------|------|------|------|-----|-------|
| Himmelsleiter + | - | 3:02 | - | 3 | 0:32 | 134 | 2:00 | - | 3:02 | - | 3 | 0:32 | 134 | 2:00 |
| Himmelsleiter + | - | 4:55 | - | 3 | 0:46 | 137 | 2:23 | - | 7:57 | - | 3 | 1:18 | 138 | 4:23 |
| Nordwand + Dov | - | 5:53 | - | 3 | 0:22 | 121 | 2:10 | - | 13:50 | - | 3 | 1:14 | 134 | 6:33 |
| Nordwand + Dov | - | 2:12 | - | 6 | 0:19 | 159 | 1:03 | - | 16:02 | - | 3 | 1:33 | 132 | 7:34 |
| Duckmäuser Eins | - | 17:45 | - | 3 | 0:22 | 86 | 7:05 | - | 33:47 | - | 3 | 1:26 | 83 | 14:31 |
| Duckmäuser Aus | - | 0:28 | - | 6 | 0:05 | 102 | 0:15 | - | 34:15 | - | 3 | 1:30 | 83 | 14:45 |
| Pneumant Einstie | - | 1:00 | - | 4 | 0:16 | 111 | 0:46 | - | 35:15 | - | 3 | 1:29 | 74 | 15:23 |
| Pneumant Aussti | - | 0:10 | - | 8 | 0:06 | 164 | 0:09 | - | 35:25 | - | 3 | 1:30 | 74 | 15:27 |
| Heuschnupfen Ei | - | 12:37 | - | 7 | 0:41 | 150 | 5:18 | - | 48:02 | - | 4 | 1:40 | 73 | 20:45 |
| Heuschnupfen Ai | - | 0:05 | - | 1 | - | 8 | 0:01 | - | 48:07 | - | 4 | 1:39 | 71 | 20:46 |
| Schlammbowle E | - | 2:45 | - | 2 | 0:05 | 124 | 1:02 | - | 50:52 | - | 4 | 1:30 | 70 | 21:47 |
| Schlammbowle A | - | 1:19 | - | 7 | 0:17 | 176 | 0:45 | - | 52:11 | - | 3 | 1:47 | 72 | 22:31 |
| Himmelsleiter + | - | 4:32 | - | 2 | 0:22 | 87 | 1:49 | - | 56:43 | - | 3 | 1:03 | 69 | 24:13 |
| Himmelsleiter + | - | 4:45 | - | 3 | 0:09 | 123 | 1:58 | - | 1:01:28 | - | 3 | 0:37 | 70 | 26:05 |
| Nordwand + Dov | - | 6:36 | - | 3 | 0:24 | 123 | 2:38 | - | 1:08:04 | - | 2 | 0:48 | 68 | 28:40 |
| Nordwand + Dov | - | 2:08 | - | 4 | 0:07 | 148 | 1:04 | - | 1:10:12 | - | 2 | 0:48 | 69 | 29:37 |
| Duckmäuser Eins | - | 19:21 | - | 3 | 1:55 | 109 | 19:04 | - | 1:29:33 | - | 2 | 2:43 | 64 | 38:09 |
| Duckmäuser Aus | - | 0:44 | - | 10 | 0:21 | 179 | 0:33 | - | 1:30:17 | - | 2 | 2:58 | 64 | 38:40 |
| Pneumant Einstie | - | 0:59 | - | 4 | 0:09 | 88 | 0:39 | - | 1:31:16 | - | 2 | 3:07 | 55 | 39:19 |
| Pneumant Aussti | - | 0:10 | - | 7 | 0:05 | 153 | 0:08 | - | 1:31:26 | - | 2 | 3:08 | 55 | 39:27 |
| Heuschnupfen Ei | - | 12:30 | - | 3 | 0:35 | 122 | 5:09 | - | 1:43:56 | - | 2 | 3:43 | 55 | 44:36 |
| Heuschnupfen Ai | - | 0:07 | - | 4 | 0:01 | 132 | 0:03 | - | 1:44:03 | - | 2 | 3:42 | 55 | 44:39 |
| Schlammbowle E | - | 2:54 | - | 4 | 0:25 | 147 | 1:13 | - | 1:46:57 | - | 2 | 3:57 | 53 | 45:51 |
| Schlammbowle A | - | 1:25 | - | 6 | 0:14 | 195 | 0:51 | - | 1:48:22 | - | 2 | 4:05 | 53 | 46:40 |
| Sportplatz Mühlb | 8.00 | 3:53 | - | 3 | 0:07 | 101 | 0:42 | 16.00 | 1:52:15 | 7:00 | 2 | 4:12 | 132 | 47:05 |