



Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Stöhr, Markus

□□: Erfurt
 □□: 483

□□: 16.00 km
 Expert

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 1:29:19

□□: 10.75 km/h
 □□□□: 5:35 min/km

□□□□□/□□□□: 29 (of 304)

□□□□□/□: 28 (of 252)

□□□□□□: 1:05:10

□□□□□: 5(of 53)

□□□□□□□: 1:09:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | | |
|------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|---------|---------|---------|---------|----|-------|
| Himmelsleiter + | - | 2:00 | - | 6 | 0:53 | 32 | 0:58 | - | 2:00 | - | 6 | 0:53 | 32 | 0:58 |
| Himmelsleiter + | - | 3:20 | - | 5 | 0:31 | 22 | 0:48 | - | 5:20 | - | 6 | 1:24 | 30 | 1:46 |
| Nordwand + Dov | - | 4:56 | - | 3 | 1:01 | 21 | 1:13 | - | 10:16 | - | 5 | 2:25 | 27 | 2:59 |
| Nordwand + Dov | - | 1:39 | - | 5 | 0:23 | 32 | 0:30 | - | 11:55 | - | 4 | 2:38 | 27 | 3:27 |
| Duckmäuser Eins | - | 14:17 | - | 4 | 2:59 | 18 | 3:37 | - | 26:12 | - | 4 | 5:37 | 18 | 6:56 |
| Duckmäuser Aus | - | 0:20 | - | 7 | 0:03 | 26 | 0:07 | - | 26:32 | - | 4 | 5:36 | 18 | 7:02 |
| Pneumant Einstie | - | 0:33 | - | 5 | 0:13 | 29 | 0:19 | - | 27:05 | - | 3 | 5:49 | 16 | 7:13 |
| Pneumant Aussti | - | 0:09 | - | 30 | 0:07 | 133 | 0:08 | - | 27:14 | - | 4 | 5:54 | 17 | 7:16 |
| Heuschnupfen Ei | - | 10:35 | - | 6 | 2:40 | 33 | 3:16 | - | 37:49 | - | 4 | 8:34 | 17 | 10:32 |
| Heuschnupfen Ai | - | 0:07 | - | 34 | 0:03 | 139 | 0:03 | - | 37:56 | - | 4 | 8:36 | 17 | 10:35 |
| Schlammbowle E | - | 2:15 | - | 4 | 0:29 | 21 | 0:32 | - | 40:11 | - | 4 | 9:05 | 17 | 11:06 |
| Schlammbowle A | - | 0:49 | - | 5 | 0:13 | 29 | 0:15 | - | 41:00 | - | 4 | 9:18 | 17 | 11:20 |
| Himmelsleiter + | - | 3:45 | - | 3 | 0:44 | 21 | 1:02 | - | 44:45 | - | 4 | 10:02 | 17 | 12:15 |
| Himmelsleiter + | - | 3:51 | - | 3 | 0:48 | 26 | 1:04 | - | 48:36 | - | 4 | 10:50 | 17 | 13:13 |
| Nordwand + Dov | - | 5:19 | - | 4 | 1:09 | 23 | 1:21 | - | 53:55 | - | 4 | 11:59 | 17 | 14:31 |
| Nordwand + Dov | - | 1:50 | - | 8 | 0:27 | 52 | 0:46 | - | 55:45 | - | 4 | 12:25 | 17 | 15:10 |
| Duckmäuser Eins | - | 15:13 | - | 5 | 3:22 | 27 | 14:56 | - | 1:10:58 | - | 4 | 15:47 | 17 | 19:34 |
| Duckmäuser Aus | - | 0:25 | - | 19 | 0:10 | 88 | 0:14 | - | 1:11:23 | - | 4 | 15:55 | 17 | 19:46 |
| Pneumant Einstie | - | 0:41 | - | 8 | 0:20 | 37 | 0:21 | - | 1:12:04 | - | 4 | 16:15 | 17 | 20:07 |
| Pneumant Aussti | - | 0:08 | - | 22 | 0:06 | 103 | 0:06 | - | 1:12:12 | - | 4 | 16:19 | 17 | 20:13 |
| Heuschnupfen Ei | - | 10:19 | - | 6 | 2:21 | 29 | 2:58 | - | 1:22:31 | - | 4 | 18:40 | 17 | 23:11 |
| Heuschnupfen Ai | - | 0:07 | - | 28 | 0:03 | 132 | 0:03 | - | 1:22:38 | - | 4 | 18:43 | 17 | 23:14 |
| Schlammbowle E | - | 2:13 | - | 5 | 0:32 | 20 | 0:32 | - | 1:24:51 | - | 4 | 19:15 | 17 | 23:45 |
| Schlammbowle A | - | 0:53 | - | 7 | 0:14 | 35 | 0:19 | - | 1:25:44 | - | 4 | 19:29 | 17 | 24:02 |
| Sportplatz Mühlb | 8.00 | 3:35 | - | 3 | 0:24 | 23 | 0:24 | 16.00 | 1:29:19 | 5:34 | 5 | 19:53 | 28 | 24:09 |