



# Helbing King of Cross

Mühlberg / 01.11.2015

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**Späth, Timo**

00: Coburg Locals / RunningBros  
00: 597

00: 16.00 km  
Expert

0000:  
Senioren M35 (35-39 Jahre)

000: 1:40:55

00: 9.51 km/h  
0000: 6:19 min/km

00000/0000: 69 (of 304)

00000/0: 64 (of 252)

000000: 1:05:10

00000: 12(of 42)

0000000: 1:05:21

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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 +	-	2:32	-	16	1:30	81	1:30	-	2:32	-	16	1:30	81	1:30
Himmelsleiter +	-	4:36	-	20	2:04	104	2:04	-	7:08	-	17	3:34	91	3:34
Nordwand + Dov	-	5:40	-	18	1:57	81	1:57	-	12:48	-	16	5:31	86	5:31
Nordwand + Dov	-	1:56	-	18	0:45	84	0:47	-	14:44	-	17	6:16	86	6:16
Duckmäuser Eins	-	15:37	-	6	2:55	29	4:57	-	30:21	-	8	7:06	42	11:05
Duckmäuser Aus	-	0:24	-	9	0:09	57	0:11	-	30:45	-	8	7:06	41	11:15
Pneumant Einstie	-	0:27	-	4	0:13	16	0:13	-	31:12	-	7	7:09	36	11:20
Pneumant Aussti	-	0:11	-	36	0:10	190	0:10	-	31:23	-	7	7:15	35	11:25
Heuschnupfen Ei	-	10:38	-	8	3:08	35	3:19	-	42:01	-	7	8:57	33	14:44
Heuschnupfen Ai	-	0:07	-	20	0:03	139	0:03	-	42:08	-	7	8:58	33	14:47
Schlammbowle E	-	2:23	-	7	0:40	31	0:40	-	44:31	-	7	9:12	33	15:26
Schlammbowle A	-	0:59	-	19	0:25	85	0:25	-	45:30	-	7	9:34	32	15:50
Himmelsleiter +	-	4:48	-	22	2:05	123	2:05	-	50:18	-	7	11:01	32	17:48
Himmelsleiter +	-	4:52	-	28	2:05	141	2:05	-	55:10	-	7	12:23	35	19:47
Nordwand + Dov	-	6:12	-	16	2:14	80	2:14	-	1:01:22	-	7	13:45	35	21:58
Nordwand + Dov	-	1:50	-	11	0:46	52	0:46	-	1:03:12	-	7	14:05	35	22:37
Duckmäuser Eins	-	17:22	-	10	6:31	63	17:05	-	1:20:34	-	7	18:19	38	29:10
Duckmäuser Aus	-	0:26	-	20	0:10	102	0:15	-	1:21:00	-	7	18:25	38	29:23
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	0:58	-	32	0:56	212	0:56	-	1:21:58	-	43	18:55	245	29:59
Heuschnupfen Ei	-	11:01	-	8	3:34	48	3:40	-	1:32:59	-	43	21:03	245	33:39
Heuschnupfen Ai	-	0:05	-	2	0:01	9	0:01	-	1:33:04	-	42	21:03	243	33:40
Schlammbowle E	-	2:29	-	8	0:46	52	0:48	-	1:35:33	-	42	21:31	241	34:27
Schlammbowle A	-	1:24	-	31	0:50	187	0:50	-	1:36:57	-	43	22:12	247	35:15
Sportplatz Mühlb	8.00	3:58	-	26	0:40	132	0:47	16.00	1:40:55	6:18	12	35:34	64	35:45