



Helbing King of Cross
Mühlberg / 01.11.2015

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Pilz, Michael

□□: Team Helbing

□□: 112

□□: 8.00 km

Sprint

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 1:12:56

□□: 6.58 km/h

□□□□: 9:07 min/km

□□□□□/□□□: 244 (of 292)

□□□□□/□: 173 (of 192)

□□□□□□: 38:15

□□□□□: 10(of 12)

□□□□□□□: 42:47

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	5:28	-	11	3:43	174	4:06	-	5:28	-	11	3:43	174	4:06
Himmelsleiter +	-	6:12	-	11	2:53	186	3:22	-	11:40	-	12	6:36	179	7:28
Nordwand + Dov	-	7:42	-	9	2:52	162	3:17	-	19:22	-	10	9:28	174	10:43
Nordwand + Dov	-	2:32	-	8	0:55	133	1:04	-	21:54	-	10	10:23	172	11:43
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	23:24	-	11	23:04	155	23:08	-	45:18	-	12	19:37	166	22:14
Pneumant Einstie	-	1:00	-	6	0:29	88	0:39	-	46:18	-	12	20:06	184	22:50
Pneumant Aussti	-	0:08	-	1	-	52	0:05	-	46:26	-	13	20:06	192	22:52
Heuschnupfen Ei	-	16:21	-	11	6:42	177	7:37	-	1:02:47	-	13	26:48	188	30:29
Heuschnupfen Ai	-	0:13	-	12	0:08	184	0:09	-	1:03:00	-	13	26:56	190	30:38
Schlammbowle E	-	3:33	-	10	1:17	169	1:38	-	1:06:33	-	13	28:12	189	32:15
Schlammbowle A	-	1:47	-	10	0:58	171	1:13	-	1:08:20	-	13	29:10	191	33:28
Sportplatz Mühlb	8.00	4:36	-	10	0:59	160	1:13	8.00	1:12:56	9:07	10	30:09	173	34:41