



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Bühling, Oliver

□□: Coburg Locals / RunningBros

□□: 221

□□: 8.00 km

Sprint

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 50:02

□□: 9.59 km/h

□□□□: 6:15 min/km

□□□□□/□□□: 36 (of 292)

□□□□□/□: 34 (of 192)

□□□□□□: 38:15

□□□□□: 6(of 31)

□□□□□□□: 44:14

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | |
|------------------|----------|-----------------|---------|---------|---------|---------|------|-----------|------------------|---------|---------|---------|---------|-------|
| Himmelsleiter + | - | 2:56 | - | 9 | 0:57 | 67 | 1:34 | - | 2:56 | - | 9 | 0:57 | 67 | 1:34 |
| Himmelsleiter + | - | 4:07 | - | 6 | 0:43 | 43 | 1:17 | - | 7:03 | - | 7 | 1:40 | 52 | 2:51 |
| Nordwand + Dov | - | 5:38 | - | 4 | 0:37 | 23 | 1:13 | - | 12:41 | - | 7 | 2:17 | 40 | 4:02 |
| Nordwand + Dov | - | 2:02 | - | 7 | 0:33 | 51 | 0:34 | - | 14:43 | - | 7 | 2:50 | 44 | 4:32 |
| Duckmäuser Eins | - | 16:15 | - | 5 | 1:43 | 28 | 3:54 | - | 30:58 | - | 6 | 4:33 | 33 | 8:12 |
| Duckmäuser Aus | - | 0:26 | - | 9 | 0:07 | 62 | 0:10 | - | 31:24 | - | 5 | 3:09 | 32 | 8:20 |
| Pneumant Einstie | - | 0:28 | - | 1 | - | 6 | 0:07 | - | 31:52 | - | 3 | 0:45 | 30 | 8:24 |
| Pneumant Aussti | - | 0:15 | - | 27 | 0:12 | 167 | 0:12 | - | 32:07 | - | 3 | 0:55 | 30 | 8:33 |
| Heuschnupfen Ei | - | 10:48 | - | 4 | 0:52 | 19 | 2:04 | - | 42:55 | - | 3 | 0:35 | 28 | 10:37 |
| Heuschnupfen Ai | - | 0:05 | - | 1 | - | 10 | 0:01 | - | 43:00 | - | 3 | 0:35 | 27 | 10:38 |
| Schlammbowle E | - | 2:25 | - | 6 | 0:13 | 35 | 0:30 | - | 45:25 | - | 3 | 0:36 | 26 | 11:07 |
| Schlammbowle A | - | 0:57 | - | 11 | 0:22 | 57 | 0:23 | - | 46:22 | - | 3 | 0:43 | 26 | 11:30 |
| Sportplatz Mühlb | 8.00 | 3:40 | - | 2 | 0:03 | 9 | 0:17 | 8.00 | 50:02 | 6:15 | 6 | 5:48 | 34 | 11:47 |