



Helbing King of Cross

Mühlberg / 01.11.2015

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Brettschneider, Tim

□□: run4fun

□□: 70

□□: 8.00 km

Sprint

□□□□:

Männer (20-29 Jahre)

□□□: 58:42

□□: 8.18 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 96 (of 292)

□□□□□/□: 80 (of 192)

□□□□□□: 38:15

□□□□□: 16(of 40)

□□□□□□□: 38:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:33	-	23	2:11	102	2:11	-	3:33	-	23	2:11	102	2:11
Himmelsleiter +	-	4:58	-	22	2:08	87	2:08	-	8:31	-	23	4:19	96	4:19
Nordwand + Dov	-	6:26	-	16	1:59	76	2:01	-	14:57	-	23	6:18	88	6:18
Nordwand + Dov	-	2:26	-	21	0:54	103	0:58	-	17:23	-	23	7:12	88	7:12
Duckmäuser Eins	-	19:17	-	19	4:51	78	6:56	-	36:40	-	17	9:25	76	13:54
Duckmäuser Aus	-	0:23	-	9	0:07	32	0:07	-	37:03	-	17	9:28	74	13:59
Pneumant Einstie	-	1:00	-	19	0:39	88	0:39	-	38:03	-	17	9:59	73	14:35
Pneumant Aussti	-	0:06	-	5	0:03	19	0:03	-	38:09	-	17	10:02	73	14:35
Heuschnupfen Ei	-	12:33	-	15	3:38	79	3:49	-	50:42	-	14	12:23	68	18:24
Heuschnupfen Ai	-	0:05	-	3	0:01	10	0:01	-	50:47	-	14	12:24	66	18:25
Schlammbowle E	-	2:48	-	23	0:53	101	0:53	-	53:35	-	14	13:04	65	19:17
Schlammbowle A	-	1:02	-	17	0:22	77	0:28	-	54:37	-	14	13:22	64	19:45
Sportplatz Mühlb	8.00	4:05	-	19	0:40	86	0:42	8.00	58:42	7:20	16	20:03	80	20:27