



Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Spittel, Martin

□□: Gotha
 □□: 413

□□: 16.00 km
 Expert

□□□□:
 Männer (20-29 Jahre)

□□□: 1:46:15

□□: 9.04 km/h
 □□□□: 6:38 min/km

□□□□□/□□□□: 107 (of 304)

□□□□□/□: 102 (of 252)

□□□□□□: 1:05:10

□□□□□: 30(of 74)

□□□□□□□: 1:05:10

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 3:47 | - | 55 | 2:45 | 184 | 2:45 | - | 3:47 | - | 55 | 2:45 | 184 | 2:45 |
| Himmelsleiter + | - | 5:13 | - | 53 | 2:34 | 181 | 2:41 | - | 9:00 | - | 53 | 5:19 | 179 | 5:26 |
| Nordwand + Dov | - | 5:41 | - | 24 | 1:55 | 86 | 1:58 | - | 14:41 | - | 49 | 7:14 | 160 | 7:24 |
| Nordwand + Dov | - | 2:20 | - | 52 | 1:11 | 182 | 1:11 | - | 17:01 | - | 51 | 8:25 | 166 | 8:33 |
| Duckmäuser Eins | - | 16:56 | - | 19 | 6:16 | 65 | 6:16 | - | 33:57 | - | 27 | 14:41 | 85 | 14:41 |
| Duckmäuser Aus | - | 0:21 | - | 14 | 0:08 | 30 | 0:08 | - | 34:18 | - | 27 | 14:48 | 84 | 14:48 |
| Pneumant Einstie | - | 1:10 | - | 37 | 0:49 | 134 | 0:56 | - | 35:28 | - | 26 | 15:36 | 78 | 15:36 |
| Pneumant Aussti | - | 0:06 | - | 13 | 0:03 | 43 | 0:05 | - | 35:34 | - | 26 | 15:36 | 77 | 15:36 |
| Heuschnupfen Ei | - | 11:05 | - | 15 | 3:46 | 54 | 3:46 | - | 46:39 | - | 20 | 19:22 | 61 | 19:22 |
| Heuschnupfen Ai | - | 0:07 | - | 41 | 0:03 | 139 | 0:03 | - | 46:46 | - | 20 | 19:25 | 61 | 19:25 |
| Schlammbowle E | - | 2:29 | - | 16 | 0:45 | 49 | 0:46 | - | 49:15 | - | 20 | 20:10 | 58 | 20:10 |
| Schlammbowle A | - | 0:58 | - | 24 | 0:24 | 77 | 0:24 | - | 50:13 | - | 18 | 20:33 | 55 | 20:33 |
| Himmelsleiter + | - | 4:46 | - | 33 | 1:56 | 118 | 2:03 | - | 54:59 | - | 18 | 22:29 | 57 | 22:29 |
| Himmelsleiter + | - | 4:35 | - | 31 | 1:42 | 99 | 1:48 | - | 59:34 | - | 18 | 24:11 | 57 | 24:11 |
| Nordwand + Dov | - | 6:12 | - | 26 | 2:11 | 80 | 2:14 | - | 1:05:46 | - | 17 | 26:22 | 55 | 26:22 |
| Nordwand + Dov | - | 2:08 | - | 48 | 0:57 | 148 | 1:04 | - | 1:07:54 | - | 17 | 27:19 | 55 | 27:19 |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - |
| Duckmäuser Aus | - | 18:29 | - | 59 | 18:18 | 197 | 18:18 | - | 1:26:23 | - | 67 | 34:46 | 223 | 34:46 |
| Pneumant Einstie | - | 1:28 | - | 41 | 1:08 | 143 | 1:08 | - | 1:27:51 | - | 56 | 35:54 | 46 | 35:54 |
| Pneumant Aussti | - | 0:07 | - | 26 | 0:05 | 80 | 0:05 | - | 1:27:58 | - | 72 | 35:59 | 45 | 35:59 |
| Heuschnupfen Ei | - | 11:06 | - | 20 | 3:45 | 52 | 3:45 | - | 1:39:04 | - | 72 | 39:44 | 245 | 39:44 |
| Heuschnupfen Ai | - | 0:06 | - | 24 | 0:02 | 58 | 0:02 | - | 1:39:10 | - | 71 | 39:46 | 243 | 39:46 |
| Schlammbowle E | - | 2:23 | - | 13 | 0:41 | 34 | 0:42 | - | 1:41:33 | - | 73 | 40:27 | 241 | 40:27 |
| Schlammbowle A | - | 1:04 | - | 31 | 0:29 | 86 | 0:30 | - | 1:42:37 | - | 73 | 40:55 | 247 | 40:55 |
| Sportplatz Mühlb | 8.00 | 3:38 | - | 15 | 0:19 | 32 | 0:27 | 16.00 | 1:46:15 | 6:38 | 30 | 41:05 | 102 | 41:05 |