



# Helbing King of Cross

Mühlberg / 01.11.2015

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Herzer, Heiko

□□: Arnstadt läuft  
□□: 160

□□: 8.00 km  
Sprint

□□□□:  
Senioren M40 (40-44 Jahre)

□□□: 57:40

□□: 8.32 km/h  
□□□□: 7:13 min/km

□□□□□/□□□: 88 (of 292)

□□□□□/□: 75 (of 192)

□□□□□□: 38:15

□□□□□: 12(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:43	-	20	1:55	114	2:21	-	3:43	-	20	1:55	114	2:21	
Himmelsleiter +	-	5:15	-	18	1:51	112	2:25	-	8:58	-	19	3:41	115	4:46	
Nordwand + Dov	-	6:19	-	13	1:18	70	1:54	-	15:17	-	17	4:59	99	6:38	
Nordwand + Dov	-	2:24	-	17	0:54	95	0:56	-	17:41	-	17	5:53	99	7:30	
Duckmäuser Eins	-	18:22	-	11	4:20	59	6:01	-	36:03	-	13	10:13	73	13:17	
Duckmäuser Aus	-	0:26	-	11	0:10	62	0:10	-	36:29	-	13	10:23	72	13:25	
Pneumant Einstie	-	0:45	-	8	0:16	54	0:24	-	37:14	-	13	10:37	66	13:46	
Pneumant Aussti	-	0:11	-	13	0:07	112	0:08	-	37:25	-	13	10:42	66	13:51	
Heuschnupfen Ei	-	12:24	-	9	2:28	72	3:40	-	49:49	-	13	13:10	65	17:31	
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	49:55	-	11	13:09	63	17:33	
Schlammbowle E	-	2:50	-	14	0:38	104	0:55	-	52:45	-	11	13:47	61	18:27	
Schlammbowle A	-	1:02	-	12	0:20	77	0:28	-	53:47	-	11	14:04	61	18:55	
Sportplatz Mühlb	8.00	3:53	-	5	0:17	49	0:30	8.00	57:40	7:12	12	14:21	75	19:25	