



Helbing King of Cross
Mühlberg / 01.11.2015

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Langsch, Hans-Peter

□□: Coburg Locals / RunningBros

□□: 233

□□: 8.00 km

Sprint

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 1:03:56

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□□: 158 (of 292)

□□□□□/□: 124 (of 192)

□□□□□□: 38:15

□□□□□: 1(of 4)

□□□□□□□: 1:03:56

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Himmelsleiter +	-	3:48	-	1	-	122	2:26	-	3:48	-	1	-	122	2:26
Himmelsleiter +	-	5:29	-	1	-	121	2:39	-	9:17	-	1	-	121	5:05
Nordwand + Dov	-	6:48	-	1	-	111	2:23	-	16:05	-	1	-	118	7:26
Nordwand + Dov	-	2:41	-	1	-	152	1:13	-	18:46	-	1	-	120	8:35
Duckmäuser Eins	-	19:46	-	1	-	86	7:25	-	38:32	-	1	-	86	15:46
Duckmäuser Aus	-	1:16	-	1	-	121	1:00	-	39:48	-	1	-	89	16:44
Pneumant Einstie	-	1:13	-	1	-	117	0:52	-	41:01	-	1	-	85	17:33
Pneumant Aussti	-	0:13	-	3	0:07	146	0:10	-	41:14	-	1	-	86	17:40
Heuschnupfen Ei	-	13:27	-	1	-	115	4:43	-	54:41	-	1	-	85	22:23
Heuschnupfen Ai	-	0:07	-	3	0:02	122	0:03	-	54:48	-	1	-	83	22:26
Schlammbowle E	-	3:04	-	1	-	130	1:09	-	57:52	-	1	-	82	23:34
Schlammbowle A	-	1:50	-	1	-	172	1:16	-	59:42	-	1	-	85	24:50
Sportplatz Mühlb	8.00	4:14	-	1	-	116	0:51	8.00	1:03:56	7:59	1	-	124	25:41