



Helbing King of Cross
Mühlberg / 01.11.2015

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Wöhner, Fred

□□: EFC Calisthenics
□□: 190

□□: 8.00 km
Sprint

□□□□:
Männer (20-29 Jahre)

□□□: 1:00:08

□□: 7.98 km/h
□□□□: 7:31 min/km

□□□□□/□□□: 119 (of 292)

□□□□□/□: 94 (of 192)

□□□□□□: 38:15

□□□□□: 21(of 40)

□□□□□□□: 38:39

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	3:19	-	18	1:57	81	1:57	-	3:19	-	18	1:57	81	1:57
Himmelsleiter +	-	4:36	-	15	1:46	63	1:46	-	7:55	-	16	3:43	73	3:43
Nordwand + Dov	-	6:34	-	19	2:07	91	2:09	-	14:29	-	17	5:50	70	5:50
Nordwand + Dov	-	2:37	-	29	1:05	142	1:09	-	17:06	-	21	6:55	77	6:55
Duckmäuser Eins	-	18:48	-	14	4:22	67	6:27	-	35:54	-	16	8:39	71	13:08
Duckmäuser Aus	-	0:30	-	20	0:14	98	0:14	-	36:24	-	16	8:49	70	13:20
Pneumant Einstie	-	1:11	-	23	0:50	112	0:50	-	37:35	-	16	9:31	70	14:07
Pneumant Aussti	-	0:11	-	28	0:08	112	0:08	-	37:46	-	16	9:39	70	14:12
Heuschnupfen Ei	-	14:00	-	28	5:05	128	5:16	-	51:46	-	18	13:27	76	19:28
Heuschnupfen Ai	-	0:06	-	19	0:02	65	0:02	-	51:52	-	18	13:29	74	19:30
Schlammbowle E	-	2:45	-	19	0:50	87	0:50	-	54:37	-	16	14:06	70	20:19
Schlammbowle A	-	1:07	-	21	0:27	95	0:33	-	55:44	-	15	14:29	68	20:52
Sportplatz Mühlb	8.00	4:24	-	30	0:59	141	1:01	8.00	1:00:08	7:30	21	21:29	94	21:53