



# Helbing King of Cross

Mühlberg / 01.11.2015

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Dornieden, Marc

□□: Team Helbing  
 □□: 522

□□: 16.00 km  
 Expert

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 1:34:17

□□: 10.18 km/h  
 □□□□: 5:53 min/km

□□□□□/□□□□: 40 (of 304)

□□□□□/□: 37 (of 252)

□□□□□□: 1:05:10

□□□□□: 8(of 31)

□□□□□□□: 1:09:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:09	-	6	0:57	43	1:07	-	2:09	-	6	0:57	43	1:07	
Himmelsleiter +	-	3:48	-	8	1:03	50	1:16	-	5:57	-	7	2:00	44	2:23	
Nordwand + Dov	-	5:07	-	5	1:12	28	1:24	-	11:04	-	5	3:12	36	3:47	
Nordwand + Dov	-	1:43	-	6	0:18	35	0:34	-	12:47	-	5	3:30	36	4:19	
Duckmäuser Eins	-	15:30	-	7	4:12	26	4:50	-	28:17	-	6	7:42	24	9:01	
Duckmäuser Aus	-	0:25	-	12	0:07	70	0:12	-	28:42	-	6	7:46	24	9:12	
Pneumant Einstie	-	0:39	-	8	0:18	45	0:25	-	29:21	-	6	8:04	21	9:29	
Pneumant Aussti	-	0:10	-	19	0:06	164	0:09	-	29:31	-	5	8:08	20	9:33	
Heuschnupfen Ei	-	11:25	-	12	3:32	74	4:06	-	40:56	-	5	11:40	22	13:39	
Heuschnupfen Ai	-	0:06	-	5	0:01	50	0:02	-	41:02	-	5	11:39	22	13:41	
Schlammbowle E	-	2:36	-	12	0:52	74	0:53	-	43:38	-	5	12:31	22	14:33	
Schlammbowle A	-	0:50	-	7	0:13	34	0:16	-	44:28	-	5	12:44	22	14:48	
Himmelsleiter +	-	4:14	-	7	1:14	51	1:31	-	48:42	-	5	13:58	22	16:12	
Himmelsleiter +	-	4:14	-	8	1:11	48	1:27	-	52:56	-	6	15:09	24	17:33	
Nordwand + Dov	-	5:30	-	4	1:20	31	1:32	-	58:26	-	5	16:29	23	19:02	
Nordwand + Dov	-	1:49	-	9	0:25	51	0:45	-	1:00:15	-	6	16:54	24	19:40	
Duckmäuser Eins	-	15:40	-	4	3:49	31	15:23	-	1:15:55	-	6	20:43	23	24:31	
Duckmäuser Aus	-	0:24	-	12	0:10	70	0:13	-	1:16:19	-	6	20:50	23	24:42	
Pneumant Einstie	-	0:33	-	4	0:12	20	0:13	-	1:16:52	-	6	21:02	22	24:55	
Pneumant Aussti	-	0:06	-	7	0:04	52	0:04	-	1:16:58	-	6	21:01	22	24:59	
Heuschnupfen Ei	-	10:41	-	7	2:47	40	3:20	-	1:27:39	-	6	23:48	22	28:19	
Heuschnupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:27:45	-	6	23:48	22	28:21	
Schlammbowle E	-	2:05	-	2	0:22	15	0:24	-	1:29:50	-	6	24:10	21	28:44	
Schlammbowle A	-	0:46	-	3	0:08	13	0:12	-	1:30:36	-	6	24:18	21	28:54	
Sportplatz Mühlb	8.00	3:41	-	6	0:23	40	0:30	16.00	1:34:17	5:53	8	24:41	37	29:07	