



Helbing King of Cross

Mühlberg / 01.11.2015

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Heilmann, Jan

□□: Road runners
 □□: 579

□□: 16.00 km
 Expert

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 1:50:42

□□: 8.67 km/h
 □□□□: 6:55 min/km

□□□□□/□□□□: 132 (of 304)

□□□□□/□: 125 (of 252)

□□□□□□: 1:05:10

□□□□□: 19(of 31)

□□□□□□□: 1:09:36

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	4:01	-	24	2:49	190	2:59	-	4:01	-	24	2:49	190	2:59
Himmelsleiter +	-	5:14	-	23	2:29	187	2:42	-	9:15	-	25	5:18	193	5:41
Nordwand + Dov	-	5:58	-	17	2:03	133	2:15	-	15:13	-	23	7:21	184	7:56
Nordwand + Dov	-	2:20	-	21	0:55	182	1:11	-	17:33	-	20	8:16	181	9:05
Duckmäuser Eins	-	17:42	-	13	6:24	83	7:02	-	35:15	-	15	14:40	103	15:59
Duckmäuser Aus	-	0:30	-	16	0:12	120	0:17	-	35:45	-	15	14:49	103	16:15
Pneumant Einstie	-	1:08	-	18	0:47	129	0:54	-	36:53	-	16	15:36	94	17:01
Pneumant Aussti	-	0:06	-	5	0:02	43	0:05	-	36:59	-	15	15:36	93	17:01
Heuschnupfen Ei	-	12:00	-	15	4:07	105	4:41	-	48:59	-	12	19:43	82	21:42
Heuschnupfen Ai	-	0:07	-	21	0:02	139	0:03	-	49:06	-	12	19:43	79	21:45
Schlammbowle E	-	2:44	-	16	1:00	118	1:01	-	51:50	-	12	20:43	77	22:45
Schlammbowle A	-	0:55	-	10	0:18	60	0:21	-	52:45	-	12	21:01	76	23:05
Himmelsleiter +	-	4:40	-	17	1:40	105	1:57	-	57:25	-	12	22:41	73	24:55
Himmelsleiter +	-	4:44	-	17	1:41	121	1:57	-	1:02:09	-	13	24:22	74	26:46
Nordwand + Dov	-	6:28	-	15	2:18	113	2:30	-	1:08:37	-	13	26:40	74	29:13
Nordwand + Dov	-	2:02	-	14	0:38	123	0:58	-	1:10:39	-	13	27:18	74	30:04
Duckmäuser Eins	-	18:33	-	14	6:42	95	18:16	-	1:29:12	-	12	34:00	63	37:48
Duckmäuser Aus	-	0:24	-	12	0:10	70	0:13	-	1:29:36	-	12	34:07	63	37:59
Pneumant Einstie	-	1:08	-	18	0:47	103	0:48	-	1:30:44	-	11	34:54	54	38:47
Pneumant Aussti	-	0:03	-	2	0:01	8	0:01	-	1:30:47	-	11	34:50	54	38:48
Heuschnupfen Ei	-	12:09	-	15	4:15	109	4:48	-	1:42:56	-	11	39:05	52	43:36
Heuschnupfen Ai	-	0:05	-	1	-	9	0:01	-	1:43:01	-	11	39:04	52	43:37
Schlammbowle E	-	2:45	-	14	1:02	109	1:04	-	1:45:46	-	10	40:06	50	44:40
Schlammbowle A	-	0:57	-	8	0:19	48	0:23	-	1:46:43	-	10	40:25	50	45:01
Sportplatz Mühlb	8.00	3:59	-	20	0:41	137	0:48	16.00	1:50:42	6:55	19	41:06	125	45:32