



Helbing King of Cross
Mühlberg / 01.11.2015

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Frankenberger, Sebastian

□□: EFC Calisthenics
□□: 191

□□: 8.00 km
Sprint

□□□□:
Männer (20-29 Jahre)

□□□: 1:00:07

□□: 7.98 km/h
□□□□: 7:31 min/km

□□□□□/□□□: 118 (of 292)

□□□□□/□: 93 (of 192)

□□□□□□: 38:15

□□□□□: 20(of 40)

□□□□□□□: 38:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:21	-	19	1:59	85	1:59	-	3:21	-	19	1:59	85	1:59
Himmelsleiter +	-	4:36	-	15	1:46	63	1:46	-	7:57	-	18	3:45	75	3:45
Nordwand + Dov	-	6:31	-	17	2:04	83	2:06	-	14:28	-	16	5:49	69	5:49
Nordwand + Dov	-	2:27	-	24	0:55	110	0:59	-	16:55	-	19	6:44	75	6:44
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	20:38	-	35	20:17	166	20:17	-	37:33	-	40	9:29	184	14:05
Pneumant Aussti	-	0:07	-	10	0:04	39	0:04	-	37:40	-	41	9:33	192	14:06
Heuschnupfen Ei	-	14:05	-	29	5:10	134	5:21	-	51:45	-	40	13:26	188	19:27
Heuschnupfen Ai	-	0:07	-	28	0:03	122	0:03	-	51:52	-	18	13:29	74	19:30
Schlammbowle E	-	2:46	-	20	0:51	91	0:51	-	54:38	-	41	14:07	189	20:20
Schlammbowle A	-	1:08	-	23	0:28	99	0:34	-	55:46	-	41	14:31	191	20:54
Sportplatz Mühlb	8.00	4:21	-	28	0:56	132	0:58	8.00	1:00:07	7:30	20	21:28	93	21:52