



# Helbing King of Cross

Mühlberg / 01.11.2015

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Saul, Enrico

□□: Vippacher Sport Orden  
 □□: 378

□□: 16.00 km  
 Expert

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 1:52:45

□□: 8.51 km/h  
 □□□□: 7:03 min/km

□□□□□/□□□□: 143 (of 304)

□□□□□/□: 135 (of 252)

□□□□□□: 1:05:10

□□□□□: 26(of 53)

□□□□□□□: 1:09:26

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter +  | -        | 4:15     | -            | 43      | 3:08    | 206     | 3:13    | -     | 4:15      | -         | 43            | 3:08    | 206     | 3:13    |         |
| Himmelsleiter +  | -        | 5:17     | -            | 37      | 2:28    | 197     | 2:45    | -     | 9:32      | -         | 43            | 5:36    | 207     | 5:58    |         |
| Nordwand + Dov   | -        | 6:05     | -            | 30      | 2:10    | 146     | 2:22    | -     | 15:37     | -         | 38            | 7:46    | 195     | 8:20    |         |
| Nordwand + Dov   | -        | 2:18     | -            | 36      | 1:02    | 175     | 1:09    | -     | 17:55     | -         | 37            | 8:38    | 192     | 9:27    |         |
| Duckmäuser Eins  | -        | 17:23    | -            | 15      | 6:05    | 75      | 6:43    | -     | 35:18     | -         | 19            | 14:43   | 105     | 16:02   |         |
| Duckmäuser Aus   | -        | 0:25     | -            | 13      | 0:08    | 70      | 0:12    | -     | 35:43     | -         | 19            | 14:47   | 102     | 16:13   |         |
| Pneumant Einstie | -        | 0:46     | -            | 13      | 0:26    | 74      | 0:32    | -     | 36:29     | -         | 17            | 15:13   | 88      | 16:37   |         |
| Pneumant Aussti  | -        | 0:06     | -            | 10      | 0:04    | 43      | 0:05    | -     | 36:35     | -         | 17            | 15:15   | 86      | 16:37   |         |
| Heuschnupfen Ei  | -        | 12:40    | -            | 26      | 4:45    | 153     | 5:21    | -     | 49:15     | -         | 17            | 20:00   | 86      | 21:58   |         |
| Heuschnupfen Ai  | -        | 0:06     | -            | 13      | 0:02    | 50      | 0:02    | -     | 49:21     | -         | 17            | 20:01   | 83      | 22:00   |         |
| Schlammbowle E   | -        | 2:50     | -            | 24      | 1:04    | 139     | 1:07    | -     | 52:11     | -         | 16            | 21:05   | 81      | 23:06   |         |
| Schlammbowle A   | -        | 1:02     | -            | 23      | 0:26    | 106     | 0:28    | -     | 53:13     | -         | 16            | 21:31   | 80      | 23:33   |         |
| Himmelsleiter +  | -        | 4:58     | -            | 27      | 1:57    | 147     | 2:15    | -     | 58:11     | -         | 16            | 23:28   | 79      | 25:41   |         |
| Himmelsleiter +  | -        | 5:00     | -            | 31      | 1:57    | 160     | 2:13    | -     | 1:03:11   | -         | 16            | 25:25   | 79      | 27:48   |         |
| Nordwand + Dov   | -        | 6:41     | -            | 20      | 2:31    | 129     | 2:43    | -     | 1:09:52   | -         | 15            | 27:56   | 78      | 30:28   |         |
| Nordwand + Dov   | -        | 2:09     | -            | 27      | 0:46    | 155     | 1:05    | -     | 1:12:01   | -         | 14            | 28:41   | 77      | 31:26   |         |
| Duckmäuser Eins  | -        | 19:03    | -            | 21      | 7:12    | 105     | 18:46   | -     | 1:31:04   | -         | 13            | 35:53   | 69      | 39:40   |         |
| Duckmäuser Aus   | -        | 0:24     | -            | 15      | 0:09    | 70      | 0:13    | -     | 1:31:28   | -         | 13            | 36:00   | 69      | 39:51   |         |
| Pneumant Einstie | -        | 0:52     | -            | 15      | 0:31    | 63      | 0:32    | -     | 1:32:20   | -         | 12            | 36:31   | 59      | 40:23   |         |
| Pneumant Aussti  | -        | 0:08     | -            | 22      | 0:06    | 103     | 0:06    | -     | 1:32:28   | -         | 12            | 36:35   | 59      | 40:29   |         |
| Heuschnupfen Ei  | -        | 12:44    | -            | 26      | 4:46    | 133     | 5:23    | -     | 1:45:12   | -         | 12            | 41:21   | 57      | 45:52   |         |
| Heuschnupfen Ai  | -        | 0:07     | -            | 28      | 0:03    | 132     | 0:03    | -     | 1:45:19   | -         | 12            | 41:24   | 57      | 45:55   |         |
| Schlammbowle E   | -        | 2:28     | -            | 9       | 0:47    | 48      | 0:47    | -     | 1:47:47   | -         | 12            | 42:11   | 54      | 46:41   |         |
| Schlammbowle A   | -        | 1:11     | -            | 30      | 0:32    | 118     | 0:37    | -     | 1:48:58   | -         | 12            | 42:43   | 54      | 47:16   |         |
| Sportplatz Mühlb | 8.00     | 3:47     | -            | 11      | 0:36    | 70      | 0:36    | 16.00 | 1:52:45   | 7:02      | 26            | 43:19   | 135     | 47:35   |         |