



Helbing King of Cross

Mühlberg / 01.11.2015

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Torsten, Hobus

□□: Road runners
 □□: 182

□□: 8.00 km
 Sprint

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 1:06:11

□□: 7.25 km/h
 □□□□: 8:16 min/km

□□□□□/□□□: 181 (of 292)

□□□□□/□: 140 (of 192)

□□□□□□: 38:15

□□□□□: 26(of 31)

□□□□□□□: 44:14

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	3:04	-	11	1:05	72	1:42	-	3:04	-	11	1:05	72	1:42
Himmelsleiter +	-	5:17	-	20	1:53	113	2:27	-	8:21	-	13	2:58	87	4:09
Nordwand + Dov	-	8:28	-	30	3:27	179	4:03	-	16:49	-	23	6:25	133	8:10
Nordwand + Dov	-	2:26	-	18	0:57	103	0:58	-	19:15	-	22	7:22	132	9:04
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	22:34	-	27	22:15	152	22:18	-	41:49	-	30	13:34	166	18:45
Pneumant Einstie	-	0:57	-	13	0:29	77	0:36	-	42:46	-	30	11:39	184	19:18
Pneumant Aussti	-	0:09	-	12	0:06	80	0:06	-	42:55	-	32	11:43	192	19:21
Heuschnupfen Ei	-	14:13	-	26	4:17	138	5:29	-	57:08	-	31	14:48	188	24:50
Heuschnupfen Ai	-	0:09	-	29	0:04	171	0:05	-	57:17	-	32	14:52	190	24:55
Schlammbowle E	-	2:55	-	23	0:43	112	1:00	-	1:00:12	-	32	15:23	189	25:54
Schlammbowle A	-	1:33	-	28	0:58	154	0:59	-	1:01:45	-	32	16:06	91	26:53
Sportplatz Mühlb	8.00	4:26	-	26	0:49	144	1:03	8.00	1:06:11	8:16	26	21:57	140	27:56