



Helbing King of Cross  
Mühlberg / 01.11.2015

□□□□

Gleim, Uwe

□□: Hommel Hercules Werkzeughandel  
□□: 213

□□: 8.00 km  
Sprint

□□□□:  
Senioren M45 (45-49 Jahre)

□□□: 57:19

□□: 8.37 km/h  
□□□□: 7:10 min/km

□□□□□/□□□: 83 (of 292)

□□□□□/□: 71 (of 192)

□□□□□□: 38:15

□□□□□: 6(of 19)

□□□□□□□: 47:40

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ min/km | □□□<br>- | □□<br>- | □□<br>□ | □□<br>□ |     |       |
|------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|---------|---------|---------|-----|-------|
| Himmelsleiter +  | -        | 3:44            | -       | 11      | 1:39    | 117     | 2:22      | -                | 3:44     | -       | 11      | 1:39    | 117 | 2:22  |
| Himmelsleiter +  | -        | 5:13            | -       | 10      | 1:28    | 106     | 2:23      | -                | 8:57     | -       | 11      | 3:07    | 114 | 4:45  |
| Nordwand + Dov   | -        | 6:16            | -       | 6       | 0:41    | 67      | 1:51      | -                | 15:13    | -       | 8       | 3:48    | 97  | 6:34  |
| Nordwand + Dov   | -        | 2:25            | -       | 9       | 0:41    | 100     | 0:57      | -                | 17:38    | -       | 8       | 4:29    | 97  | 7:27  |
| Duckmäuser Eins  | -        | 18:11           | -       | 3       | 2:29    | 58      | 5:50      | -                | 35:49    | -       | 4       | 5:49    | 70  | 13:03 |
| Duckmäuser Aus   | -        | 0:23            | -       | 4       | 0:02    | 32      | 0:07      | -                | 36:12    | -       | 4       | 5:51    | 68  | 13:08 |
| Pneumant Einstie | -        | 0:44            | -       | 7       | 0:18    | 50      | 0:23      | -                | 36:56    | -       | 4       | 6:09    | 64  | 13:28 |
| Pneumant Aussti  | -        | 0:08            | -       | 7       | 0:03    | 52      | 0:05      | -                | 37:04    | -       | 4       | 6:11    | 64  | 13:30 |
| Heuschnupfen Ei  | -        | 12:00           | -       | 5       | 1:10    | 63      | 3:16      | -                | 49:04    | -       | 3       | 7:21    | 55  | 16:46 |
| Heuschnupfen Ai  | -        | 0:07            | -       | 13      | 0:02    | 122     | 0:03      | -                | 49:11    | -       | 3       | 7:22    | 53  | 16:49 |
| Schlammbowle E   | -        | 2:37            | -       | 5       | 0:16    | 64      | 0:42      | -                | 51:48    | -       | 3       | 7:38    | 54  | 17:30 |
| Schlammbowle A   | -        | 1:20            | -       | 10      | 0:34    | 125     | 0:46      | -                | 53:08    | -       | 3       | 8:12    | 54  | 18:16 |
| Sportplatz Mühlb | 8.00     | 4:11            | -       | 8       | 0:29    | 109     | 0:48      | 8.00             | 57:19    | 7:09    | 6       | 9:39    | 71  | 19:04 |