



Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Tezel, Andreas

□□: Coburg Locals / RunningBros

□□: 628

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 1:17:54

□□: 6.16 km/h

□□□□: 9:44 min/km

□□□□□/□□□: 271 (of 292)

□□□□□/□: 185 (of 192)

□□□□□□: 38:15

□□□□□: 28(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	18:56	-	29	17:08	192	17:34	-	18:56	-	29	17:08	192	17:34
Himmelsleiter +	-	5:30	-	20	2:06	122	2:40	-	24:26	-	29	19:09	192	20:14
Nordwand + Dov	-	6:31	-	14	1:30	83	2:06	-	30:57	-	29	20:39	191	22:18
Nordwand + Dov	-	2:29	-	20	0:59	117	1:01	-	33:26	-	29	21:38	191	23:15
Duckmäuser Eins	-	20:10	-	15	6:08	90	7:49	-	53:36	-	22	27:46	122	30:50
Duckmäuser Aus	-	0:36	-	22	0:20	118	0:20	-	54:12	-	22	28:06	121	31:08
Pneumant Einstie	-	1:20	-	20	0:51	125	0:59	-	55:32	-	21	28:55	116	32:04
Pneumant Aussti	-	0:14	-	23	0:10	159	0:11	-	55:46	-	21	29:03	116	32:12
Heuschnupfen Ei	-	13:43	-	20	3:47	120	4:59	-	1:09:29	-	21	32:50	114	37:11
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	1:09:35	-	19	32:49	112	37:13
Schlammbowle E	-	2:58	-	17	0:46	116	1:03	-	1:12:33	-	18	33:35	110	38:15
Schlammbowle A	-	1:20	-	20	0:38	125	0:46	-	1:13:53	-	18	34:10	110	39:01
Sportplatz Mühlb	8.00	4:01	-	11	0:25	71	0:38	8.00	1:17:54	9:44	28	34:35	185	39:39