



Helbing King of Cross
Mühlberg / 01.11.2015

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Bänisch, Dieter

□□: Bad Berka
□□: 245

□□: 8.00 km
Sprint

□□□□:
Senioren M30 (30-34 Jahre)

□□□: 1:10:42

□□: 6.79 km/h
□□□□: 8:50 min/km

□□□□□/□□□□: 224 (of 292)

□□□□□/□: 164 (of 192)

□□□□□□: 38:15

□□□□□: 34(of 38)

□□□□□□□: 45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:43	-	25	1:57	114	2:21	-	3:43	-	25	1:57	114	2:21	
Himmelsleiter +	-	5:46	-	30	2:16	151	2:56	-	9:29	-	27	4:13	125	5:17	
Nordwand + Dov	-	8:18	-	36	3:03	177	3:53	-	17:47	-	28	7:16	147	9:08	
Nordwand + Dov	-	2:40	-	29	1:02	149	1:12	-	20:27	-	28	8:13	146	10:16	
Duckmäuser Eins	-	23:35	-	23	8:55	119	11:14	-	44:02	-	22	16:32	113	21:16	
Duckmäuser Aus	-	0:28	-	20	0:09	82	0:12	-	44:30	-	22	16:38	112	21:26	
Pneumant Einstie	-	1:03	-	16	0:39	94	0:42	-	45:33	-	20	17:05	108	22:05	
Pneumant Aussti	-	0:11	-	24	0:06	112	0:08	-	45:44	-	20	17:11	108	22:10	
Heuschnupfen Ei	-	15:42	-	36	5:48	171	6:58	-	1:01:26	-	20	22:59	107	29:08	
Heuschnupfen Ai	-	0:07	-	25	0:03	122	0:03	-	1:01:33	-	20	23:01	105	29:11	
Schlammbowle E	-	3:44	-	37	1:39	174	1:49	-	1:05:17	-	20	24:32	103	30:59	
Schlammbowle A	-	1:04	-	19	0:20	84	0:30	-	1:06:21	-	20	24:52	103	31:29	
Sportplatz Mühlb	8.00	4:21	-	23	0:41	132	0:58	8.00	1:10:42	8:50	34	25:30	164	32:27	