



Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Akatev, Alexander

□□: Gotha
 □□: 375

□□: 16.00 km
 Expert

□□□□:
 Männer (20-29 Jahre)

□□□: 1:45:47

□□: 9.08 km/h
 □□□□: 6:37 min/km

□□□□□/□□□□: 101 (of 304)

□□□□□/□: 96 (of 252)

□□□□□□: 1:05:10

□□□□□: 28(of 74)

□□□□□□□: 1:05:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 2:57 | - | 45 | 1:55 | 128 | 1:55 | - | 2:57 | - | 45 | 1:55 | 128 | 1:55 | |
| Himmelsleiter + | - | 4:45 | - | 43 | 2:06 | 117 | 2:13 | - | 7:42 | - | 44 | 4:01 | 125 | 4:08 | |
| Nordwand + Dov | - | 5:41 | - | 24 | 1:55 | 86 | 1:58 | - | 13:23 | - | 41 | 5:56 | 115 | 6:06 | |
| Nordwand + Dov | - | 2:00 | - | 29 | 0:51 | 98 | 0:51 | - | 15:23 | - | 39 | 6:47 | 114 | 6:55 | |
| Duckmäuser Eins | - | 16:55 | - | 17 | 6:15 | 63 | 6:15 | - | 32:18 | - | 19 | 13:02 | 61 | 13:02 | |
| Duckmäuser Aus | - | 0:21 | - | 14 | 0:08 | 30 | 0:08 | - | 32:39 | - | 19 | 13:09 | 61 | 13:09 | |
| Pneumant Einstie | - | 1:44 | - | 50 | 1:23 | 180 | 1:30 | - | 34:23 | - | 20 | 14:31 | 67 | 14:31 | |
| Pneumant Aussti | - | 0:09 | - | 38 | 0:06 | 133 | 0:08 | - | 34:32 | - | 20 | 14:34 | 66 | 14:34 | |
| Heuschnupfen Ei | - | 11:16 | - | 18 | 3:57 | 61 | 3:57 | - | 45:48 | - | 17 | 18:31 | 55 | 18:31 | |
| Heuschnupfen Ai | - | 0:05 | - | 5 | 0:01 | 8 | 0:01 | - | 45:53 | - | 17 | 18:32 | 55 | 18:32 | |
| Schlammbowle E | - | 2:27 | - | 13 | 0:43 | 40 | 0:44 | - | 48:20 | - | 16 | 19:15 | 53 | 19:15 | |
| Schlammbowle A | - | 1:13 | - | 43 | 0:39 | 149 | 0:39 | - | 49:33 | - | 17 | 19:53 | 54 | 19:53 | |
| Himmelsleiter + | - | 4:13 | - | 15 | 1:23 | 49 | 1:30 | - | 53:46 | - | 15 | 21:16 | 51 | 21:16 | |
| Himmelsleiter + | - | 4:14 | - | 17 | 1:21 | 48 | 1:27 | - | 58:00 | - | 15 | 22:37 | 51 | 22:37 | |
| Nordwand + Dov | - | 6:03 | - | 24 | 2:02 | 67 | 2:05 | - | 1:04:03 | - | 14 | 24:39 | 50 | 24:39 | |
| Nordwand + Dov | - | 1:48 | - | 18 | 0:37 | 50 | 0:44 | - | 1:05:51 | - | 14 | 25:16 | 50 | 25:16 | |
| Duckmäuser Eins | - | 17:45 | - | 23 | 6:56 | 75 | 17:28 | - | 1:23:36 | - | 14 | 32:12 | 49 | 32:12 | |
| Duckmäuser Aus | - | 0:35 | - | 48 | 0:24 | 162 | 0:24 | - | 1:24:11 | - | 14 | 32:34 | 49 | 32:34 | |
| Pneumant Einstie | - | 1:27 | - | 40 | 1:07 | 141 | 1:07 | - | 1:25:38 | - | 13 | 33:41 | 42 | 33:41 | |
| Pneumant Aussti | - | 0:07 | - | 26 | 0:05 | 80 | 0:05 | - | 1:25:45 | - | 13 | 33:46 | 44 | 33:46 | |
| Heuschnupfen Ei | - | 12:23 | - | 34 | 5:02 | 117 | 5:02 | - | 1:38:08 | - | 13 | 38:48 | 44 | 38:48 | |
| Heuschnupfen Ai | - | 0:05 | - | 6 | 0:01 | 9 | 0:01 | - | 1:38:13 | - | 13 | 38:49 | 44 | 38:49 | |
| Schlammbowle E | - | 2:45 | - | 34 | 1:03 | 109 | 1:04 | - | 1:40:58 | - | 13 | 39:52 | 43 | 39:52 | |
| Schlammbowle A | - | 0:58 | - | 20 | 0:23 | 53 | 0:24 | - | 1:41:56 | - | 13 | 40:14 | 43 | 40:14 | |
| Sportplatz Mühlb | 8.00 | 3:51 | - | 32 | 0:32 | 90 | 0:40 | 16.00 | 1:45:47 | 6:36 | 28 | 40:37 | 96 | 40:37 | |