



Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Schmidt, Andreas

□□: Coburg Locals / RunningBros

□□: 214

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 1:07:21

□□: 7.13 km/h

□□□□: 8:25 min/km

□□□□□/□□□: 195 (of 292)

□□□□□/□: 147 (of 192)

□□□□□□: 38:15

□□□□□: 23(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:26	-	27	3:38	173	4:04	-	5:26	-	27	3:38	173	4:04
Himmelsleiter +	-	5:43	-	25	2:19	145	2:53	-	11:09	-	27	5:52	170	6:57
Nordwand + Dov	-	7:29	-	24	2:28	152	3:04	-	18:38	-	26	8:20	164	9:59
Nordwand + Dov	-	2:56	-	28	1:26	167	1:28	-	21:34	-	26	9:46	157	11:23
Duckmäuser Eins	-	20:40	-	17	6:38	95	8:19	-	42:14	-	20	16:24	105	19:28
Duckmäuser Aus	-	0:27	-	13	0:11	72	0:11	-	42:41	-	20	16:35	104	19:37
Pneumant Einstie	-	1:40	-	22	1:11	144	1:19	-	44:21	-	20	17:44	103	20:53
Pneumant Aussti	-	0:23	-	27	0:19	183	0:20	-	44:44	-	20	18:01	103	21:10
Heuschnupfen Ei	-	13:45	-	21	3:49	121	5:01	-	58:29	-	19	21:50	97	26:11
Heuschnupfen Ai	-	0:09	-	24	0:04	171	0:05	-	58:38	-	17	21:52	95	26:16
Schlammbowle E	-	3:01	-	20	0:49	122	1:06	-	1:01:39	-	17	22:41	94	27:21
Schlammbowle A	-	1:27	-	24	0:45	147	0:53	-	1:03:06	-	17	23:23	94	28:14
Sportplatz Mühlb	8.00	4:15	-	21	0:39	120	0:52	8.00	1:07:21	8:25	23	24:02	147	29:06