



Helbing King of Cross

Mühlberg / 01.11.2015

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Brodmann, Stefan

□□: Team Helbing

□□: 286

□□: 8.00 km

Sprint

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 1:09:16

□□: 6.93 km/h

□□□□: 8:40 min/km

□□□□□/□□□: 207 (of 292)

□□□□□/□: 154 (of 192)

□□□□□□: 38:15

□□□□□: 28(of 31)

□□□□□□□: 44:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	6:16	-	31	4:17	188	4:54	-	6:16	-	31	4:17	188	4:54	
Himmelsleiter +	-	5:40	-	24	2:16	138	2:50	-	11:56	-	31	6:33	187	7:44	
Nordwand + Dov	-	10:51	-	31	5:50	191	6:26	-	22:47	-	31	12:23	190	14:08	
Nordwand + Dov	-	2:48	-	31	1:19	160	1:20	-	25:35	-	31	13:42	188	15:24	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	21:02	-	24	20:43	147	20:46	-	46:37	-	30	18:22	166	23:33	
Pneumant Einstie	-	1:23	-	24	0:55	130	1:02	-	48:00	-	30	16:53	184	24:32	
Pneumant Aussti	-	0:07	-	6	0:04	39	0:04	-	48:07	-	32	16:55	192	24:33	
Heuschnupfen Ei	-	13:11	-	20	3:15	105	4:27	-	1:01:18	-	31	18:58	188	29:00	
Heuschnupfen Ai	-	0:08	-	27	0:03	156	0:04	-	1:01:26	-	32	19:01	190	29:04	
Schlammbowle E	-	2:42	-	16	0:30	79	0:47	-	1:04:08	-	32	19:19	189	29:50	
Schlammbowle A	-	1:18	-	22	0:43	121	0:44	-	1:05:26	-	32	19:47	191	30:34	
Sportplatz Mühlb	8.00	3:50	-	5	0:13	40	0:27	8.00	1:09:16	8:39	28	25:02	154	31:01	