



Helbing King of Cross
Mühlberg / 01.11.2015

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Dalbert, Frank

□□: run4fun
□□: 67

□□: 8.00 km
Sprint

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 1:00:25

□□: 7.94 km/h
□□□□: 7:33 min/km

□□□□□/□□□: 128 (of 292)

□□□□□/□: 103 (of 192)

□□□□□□: 38:15

□□□□□: 10(of 19)

□□□□□□□: 47:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:48	-	12	1:43	122	2:26	-	3:48	-	12	1:43	122	2:26	
Himmelsleiter +	-	5:21	-	12	1:36	115	2:31	-	9:09	-	12	3:19	118	4:57	
Nordwand + Dov	-	6:27	-	9	0:52	77	2:02	-	15:36	-	12	4:11	109	6:57	
Nordwand + Dov	-	2:38	-	14	0:54	144	1:10	-	18:14	-	12	5:05	109	8:03	
Duckmäuser Eins	-	19:11	-	6	3:29	75	6:50	-	37:25	-	6	7:25	82	14:39	
Duckmäuser Aus	-	0:28	-	7	0:07	82	0:12	-	37:53	-	6	7:32	81	14:49	
Pneumant Einstie	-	0:33	-	3	0:07	23	0:12	-	38:26	-	6	7:39	76	14:58	
Pneumant Aussti	-	0:22	-	18	0:17	182	0:19	-	38:48	-	6	7:55	79	15:14	
Heuschnupfen Ei	-	12:53	-	10	2:03	93	4:09	-	51:41	-	6	9:58	72	19:23	
Heuschnupfen Ai	-	0:06	-	2	0:01	65	0:02	-	51:47	-	6	9:58	70	19:25	
Schlammbowle E	-	2:40	-	6	0:19	72	0:45	-	54:27	-	6	10:17	68	20:09	
Schlammbowle A	-	1:36	-	14	0:50	161	1:02	-	56:03	-	6	11:07	72	21:11	
Sportplatz Mühlb	8.00	4:22	-	12	0:40	136	0:59	8.00	1:00:25	7:33	10	12:45	103	22:10	