



Helbing King of Cross  
Mühlberg / 01.11.2015

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Nolte, Florian

□□: Erfurt  
□□: 65

□□: 8.00 km  
Sprint

□□□□:  
Senioren M30 (30-34 Jahre)

□□□: 1:03:29

□□: 7.56 km/h  
□□□□: 7:56 min/km

□□□□□/□□□: 152 (of 292)

□□□□□/□: 120 (of 192)

□□□□□□: 38:15

□□□□□: 25(of 38)

□□□□□□□: 45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:14	-	29	2:28	132	2:52	-	4:14	-	29	2:28	132	2:52
Himmelsleiter +	-	5:37	-	27	2:07	127	2:47	-	9:51	-	28	4:35	129	5:39
Nordwand + Dov	-	6:34	-	15	1:19	91	2:09	-	16:25	-	26	5:54	122	7:46
Nordwand + Dov	-	2:31	-	22	0:53	125	1:03	-	18:56	-	26	6:42	123	8:45
Duckmäuser Eins	-	20:30	-	17	5:50	92	8:09	-	39:26	-	17	11:56	91	16:40
Duckmäuser Aus	-	0:27	-	15	0:08	72	0:11	-	39:53	-	17	12:01	90	16:49
Pneumant Einstie	-	1:18	-	20	0:54	123	0:57	-	41:11	-	17	12:43	88	17:43
Pneumant Aussti	-	0:09	-	18	0:04	80	0:06	-	41:20	-	17	12:47	88	17:46
Heuschnupfen Ei	-	13:37	-	26	3:43	119	4:53	-	54:57	-	17	16:30	87	22:39
Heuschnupfen Ai	-	0:09	-	37	0:05	171	0:05	-	55:06	-	17	16:34	85	22:44
Schlammbowle E	-	2:51	-	24	0:46	106	0:56	-	57:57	-	17	17:12	84	23:39
Schlammbowle A	-	1:02	-	18	0:18	77	0:28	-	58:59	-	17	17:30	82	24:07
Sportplatz Mühlb	8.00	4:30	-	29	0:50	152	1:07	8.00	1:03:29	7:56	25	18:17	120	25:14