



Helbing King of Cross
Mühlberg / 01.11.2015

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Grauert, Rene

□□: Best of 75

□□: 31

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 1:04:17

□□: 7.47 km/h

□□□□: 8:02 min/km

□□□□□/□□□: 159 (of 292)

□□□□□/□: 125 (of 192)

□□□□□□: 38:15

□□□□□: 19(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:32	-	8	0:44	43	1:10	-	2:32	-	8	0:44	43	1:10
Himmelsleiter +	-	4:36	-	11	1:12	63	1:46	-	7:08	-	9	1:51	54	2:56
Nordwand + Dov	-	7:47	-	27	2:46	168	3:22	-	14:55	-	16	4:37	87	6:16
Nordwand + Dov	-	2:29	-	20	0:59	117	1:01	-	17:24	-	16	5:36	89	7:13
Duckmäuser Eins	-	20:53	-	18	6:51	96	8:32	-	38:17	-	15	12:27	85	15:31
Duckmäuser Aus	-	0:19	-	3	0:03	7	0:03	-	38:36	-	15	12:30	83	15:32
Pneumant Einstie	-	0:58	-	13	0:29	81	0:37	-	39:34	-	15	12:57	82	16:06
Pneumant Aussti	-	0:11	-	13	0:07	112	0:08	-	39:45	-	15	13:02	82	16:11
Heuschnupfen Ei	-	15:03	-	26	5:07	157	6:19	-	54:48	-	16	18:09	86	22:30
Heuschnupfen Ai	-	0:08	-	21	0:03	156	0:04	-	54:56	-	14	18:10	84	22:34
Schlammbowle E	-	3:24	-	27	1:12	160	1:29	-	58:20	-	15	19:22	86	24:02
Schlammbowle A	-	1:25	-	22	0:43	141	0:51	-	59:45	-	15	20:02	86	24:53
Sportplatz Mühlb	8.00	4:32	-	27	0:56	154	1:09	8.00	1:04:17	8:02	19	20:58	125	26:02