



# Helbing King of Cross

Mühlberg / 01.11.2015

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## Schrecke, Maik

□□: Sportgruppe FA/UA-Btl 1  
 □□: 465

□□: 16.00 km  
 Expert

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 1:53:43

□□: 8.44 km/h  
 □□□□: 7:07 min/km

□□□□□/□□□□: 155 (of 304)

□□□□□/□: 145 (of 252)

□□□□□□: 1:05:10

□□□□□: 21(of 31)

□□□□□□□: 1:09:36

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□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter +  | -        | 4:01     | -            | 24      | 2:49    | 190     | 2:59    | -     | 4:01      | -             | 24      | 2:49    | 190     | 2:59    |
| Himmelsleiter +  | -        | 5:09     | -            | 21      | 2:24    | 168     | 2:37    | -     | 9:10      | -             | 24      | 5:13    | 188     | 5:36    |
| Nordwand + Dov   | -        | 6:02     | -            | 20      | 2:07    | 140     | 2:19    | -     | 15:12     | -             | 22      | 7:20    | 183     | 7:55    |
| Nordwand + Dov   | -        | 2:23     | -            | 24      | 0:58    | 190     | 1:14    | -     | 17:35     | -             | 22      | 8:18    | 183     | 9:07    |
| Duckmäuser Eins  | -        | 17:46    | -            | 15      | 6:28    | 87      | 7:06    | -     | 35:21     | -             | 16      | 14:46   | 106     | 16:05   |
| Duckmäuser Aus   | -        | 0:26     | -            | 13      | 0:08    | 85      | 0:13    | -     | 35:47     | -             | 16      | 14:51   | 104     | 16:17   |
| Pneumant Einstie | -        | 1:05     | -            | 17      | 0:44    | 119     | 0:51    | -     | 36:52     | -             | 15      | 15:35   | 93      | 17:00   |
| Pneumant Aussti  | -        | 0:06     | -            | 5       | 0:02    | 43      | 0:05    | -     | 36:58     | -             | 14      | 15:35   | 92      | 17:00   |
| Heuschnupfen Ei  | -        | 12:11    | -            | 17      | 4:18    | 120     | 4:52    | -     | 49:09     | -             | 13      | 19:53   | 84      | 21:52   |
| Heuschnupfen Ai  | -        | 0:06     | -            | 5       | 0:01    | 50      | 0:02    | -     | 49:15     | -             | 13      | 19:52   | 81      | 21:54   |
| Schlammbowle E   | -        | 2:43     | -            | 14      | 0:59    | 111     | 1:00    | -     | 51:58     | -             | 13      | 20:51   | 78      | 22:53   |
| Schlammbowle A   | -        | 1:01     | -            | 15      | 0:24    | 103     | 0:27    | -     | 52:59     | -             | 13      | 21:15   | 78      | 23:19   |
| Himmelsleiter +  | -        | 4:40     | -            | 17      | 1:40    | 105     | 1:57    | -     | 57:39     | -             | 14      | 22:55   | 76      | 25:09   |
| Himmelsleiter +  | -        | 4:54     | -            | 20      | 1:51    | 150     | 2:07    | -     | 1:02:33   | -             | 14      | 24:46   | 75      | 27:10   |
| Nordwand + Dov   | -        | 6:31     | -            | 17      | 2:21    | 119     | 2:33    | -     | 1:09:04   | -             | 14      | 27:07   | 75      | 29:40   |
| Nordwand + Dov   | -        | 2:09     | -            | 20      | 0:45    | 155     | 1:05    | -     | 1:11:13   | -             | 14      | 27:52   | 75      | 30:38   |
| Duckmäuser Eins  | -        | 19:37    | -            | 16      | 7:46    | 115     | 19:20   | -     | 1:30:50   | -             | 14      | 35:38   | 68      | 39:26   |
| Duckmäuser Aus   | -        | 0:32     | -            | 24      | 0:18    | 149     | 0:21    | -     | 1:31:22   | -             | 14      | 35:53   | 68      | 39:45   |
| Pneumant Einstie | -        | 1:30     | -            | 23      | 1:09    | 148     | 1:10    | -     | 1:32:52   | -             | 13      | 37:02   | 60      | 40:55   |
| Pneumant Aussti  | -        | 0:07     | -            | 10      | 0:05    | 80      | 0:05    | -     | 1:32:59   | -             | 13      | 37:02   | 60      | 41:00   |
| Heuschnupfen Ei  | -        | 12:52    | -            | 19      | 4:58    | 138     | 5:31    | -     | 1:45:51   | -             | 13      | 42:00   | 59      | 46:31   |
| Heuschnupfen Ai  | -        | 0:05     | -            | 1       | -       | 9       | 0:01    | -     | 1:45:56   | -             | 13      | 41:59   | 59      | 46:32   |
| Schlammbowle E   | -        | 2:47     | -            | 16      | 1:04    | 124     | 1:06    | -     | 1:48:43   | -             | 12      | 43:03   | 57      | 47:37   |
| Schlammbowle A   | -        | 1:06     | -            | 11      | 0:28    | 96      | 0:32    | -     | 1:49:49   | -             | 12      | 43:31   | 57      | 48:07   |
| Sportplatz Mühlb | 8.00     | 3:54     | -            | 15      | 0:36    | 107     | 0:43    | 16.00 | 1:53:43   | 7:06          | 21      | 44:07   | 145     | 48:33   |