



Helbing King of Cross  
Mühlberg / 01.11.2015

□□□□

Kirsch, Steffen

□□: Sportklinik Erfurt

□□: 134

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 1:10:49

□□: 6.78 km/h

□□□□: 8:51 min/km

□□□□□/□□□: 227 (of 292)

□□□□□/□: 166 (of 192)

□□□□□□: 38:15

□□□□□: 27(of 29)

□□□□□□□: 43:19

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	4:51	-	25	3:03	161	3:29	-	4:51	-	25	3:03	161	3:29
Himmelsleiter +	-	5:49	-	27	2:25	157	2:59	-	10:40	-	25	5:23	156	6:28
Nordwand + Dov	-	6:49	-	18	1:48	114	2:24	-	17:29	-	23	7:11	141	8:50
Nordwand + Dov	-	2:12	-	12	0:42	66	0:44	-	19:41	-	23	7:53	139	9:30
Duckmäuser Eins	-	21:21	-	22	7:19	103	9:00	-	41:02	-	19	15:12	101	18:16
Duckmäuser Aus	-	0:25	-	9	0:09	51	0:09	-	41:27	-	19	15:21	100	18:23
Pneumant Einstie	-	2:46	-	24	2:17	158	2:25	-	44:13	-	19	17:36	100	20:45
Pneumant Aussti	-	0:13	-	21	0:09	146	0:10	-	44:26	-	19	17:43	100	20:52
Heuschnupfen Ei	-	15:50	-	28	5:54	172	7:06	-	1:00:16	-	20	23:37	103	27:58
Heuschnupfen Ai	-	0:07	-	16	0:02	122	0:03	-	1:00:23	-	18	23:37	101	28:01
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Schlammbowle A	-	4:24	-	29	3:42	188	3:50	-	1:04:47	-	30	25:04	191	29:55
Sportplatz Mühlb	8.00	6:02	-	29	2:26	186	2:39	8.00	1:10:49	8:51	27	27:30	166	32:34