



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Niggemann, Roland

□□: Olsberg

□□: 161

□□: 8.00 km

Sprint

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:14:07

□□: 6.48 km/h

□□□□: 9:16 min/km

□□□□□/□□□: 254 (of 292)

□□□□□/□: 175 (of 192)

□□□□□□: 38:15

□□□□□: 17(of 19)

□□□□□□□: 47:40

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 6:05 | - | 18 | 4:00 | 186 | 4:43 | - | 6:05 | - | 18 | 4:00 | 186 | 4:43 | |
| Himmelsleiter + | - | 5:49 | - | 15 | 2:04 | 157 | 2:59 | - | 11:54 | - | 18 | 6:04 | 186 | 7:42 | |
| Nordwand + Dov | - | 8:07 | - | 17 | 2:32 | 176 | 3:42 | - | 20:01 | - | 18 | 8:36 | 184 | 11:22 | |
| Nordwand + Dov | - | 3:13 | - | 17 | 1:29 | 177 | 1:45 | - | 23:14 | - | 18 | 10:05 | 184 | 13:03 | |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - | |
| Duckmäuser Aus | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - | |
| Pneumant Einstie | - | 25:44 | - | 17 | 25:18 | 181 | 25:23 | - | 48:58 | - | 19 | 18:11 | 114 | 25:30 | |
| Pneumant Aussti | - | 0:08 | - | 7 | 0:03 | 52 | 0:05 | - | 49:06 | - | 20 | 18:13 | 192 | 25:32 | |
| Heuschnupfen Ei | - | 15:14 | - | 15 | 4:24 | 162 | 6:30 | - | 1:04:20 | - | 20 | 22:37 | 188 | 32:02 | |
| Heuschnupfen Ai | - | 0:07 | - | 13 | 0:02 | 122 | 0:03 | - | 1:04:27 | - | 20 | 22:38 | 190 | 32:05 | |
| Schlammbowle E | - | 3:42 | - | 14 | 1:21 | 172 | 1:47 | - | 1:08:09 | - | 19 | 23:59 | 189 | 33:51 | |
| Schlammbowle A | - | 1:14 | - | 7 | 0:28 | 110 | 0:40 | - | 1:09:23 | - | 19 | 24:27 | 191 | 34:31 | |
| Sportplatz Mühlb | 8.00 | 4:44 | - | 15 | 1:02 | 172 | 1:21 | 8.00 | 1:14:07 | 9:15 | 17 | 26:27 | 175 | 35:52 | |