



Helbing King of Cross  
Mühlberg / 01.11.2015

□□□□

Drengenburg, Thomas

□□: trial & error  
□□: 136

□□: 8.00 km  
Sprint

□□□□:  
Senioren M30 (30-34 Jahre)

□□□: 1:02:49

□□: 7.64 km/h  
□□□□: 7:51 min/km

□□□□□/□□□: 146 (of 292)

□□□□□/□: 116 (of 192)

□□□□□□: 38:15

□□□□□: 22(of 38)

□□□□□□□: 45:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:46	-	36	4:00	182	4:24	-	5:46	-	36	4:00	182	4:24
Himmelsleiter +	-	5:39	-	28	2:09	134	2:49	-	11:25	-	35	6:09	174	7:13
Nordwand + Dov	-	7:03	-	19	1:48	125	2:38	-	18:28	-	33	7:57	160	9:49
Nordwand + Dov	-	3:12	-	34	1:34	175	1:44	-	21:40	-	32	9:26	162	11:29
Duckmäuser Eins	-	20:28	-	16	5:48	91	8:07	-	42:08	-	20	14:38	104	19:22
Duckmäuser Aus	-	0:21	-	4	0:02	18	0:05	-	42:29	-	20	14:37	103	19:25
Pneumant Einstie	-	2:13	-	29	1:49	152	1:52	-	44:42	-	19	16:14	105	21:14
Pneumant Aussti	-	0:11	-	24	0:06	112	0:08	-	44:53	-	19	16:20	105	21:19
Heuschnupfen Ei	-	11:00	-	8	1:06	28	2:16	-	55:53	-	18	17:26	91	23:35
Heuschnupfen Ai	-	0:06	-	14	0:02	65	0:02	-	55:59	-	18	17:27	89	23:37
Schlammbowle E	-	2:05	-	1	-	3	0:10	-	58:04	-	18	17:19	85	23:46
Schlammbowle A	-	0:57	-	13	0:13	57	0:23	-	59:01	-	18	17:32	83	24:09
Sportplatz Mühlb	8.00	3:48	-	6	0:08	34	0:25	8.00	1:02:49	7:51	22	17:37	116	24:34