



Helbing King of Cross

Mühlberg / 01.11.2015

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Eisentraut, Frank

□□: EFC Calisthenics
 □□: 193

□□: 8.00 km
 Sprint

□□□□:
 Männer (20-29 Jahre)

□□□: 1:00:10

□□: 7.98 km/h
 □□□□: 7:31 min/km

□□□□□/□□□: 121 (of 292)

□□□□□/□: 96 (of 192)

□□□□□□: 38:15

□□□□□: 22(of 40)

□□□□□□□: 38:39

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 3:21 | - | 19 | 1:59 | 85 | 1:59 | - | 3:21 | - | 19 | 1:59 | 85 | 1:59 | |
| Himmelsleiter + | - | 4:35 | - | 14 | 1:45 | 62 | 1:45 | - | 7:56 | - | 17 | 3:44 | 74 | 3:44 | |
| Nordwand + Dov | - | 6:33 | - | 18 | 2:06 | 88 | 2:08 | - | 14:29 | - | 17 | 5:50 | 70 | 5:50 | |
| Nordwand + Dov | - | 2:33 | - | 27 | 1:01 | 135 | 1:05 | - | 17:02 | - | 20 | 6:51 | 76 | 6:51 | |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - | |
| Duckmäuser Aus | - | 19:18 | - | 28 | 19:02 | 132 | 19:02 | - | 36:20 | - | 36 | 8:45 | 166 | 13:16 | |
| Pneumant Einstie | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - | |
| Pneumant Aussti | - | 1:36 | - | 40 | 1:33 | 188 | 1:33 | - | 37:56 | - | 41 | 9:49 | 192 | 14:22 | |
| Heuschnupfen Ei | - | 13:52 | - | 25 | 4:57 | 123 | 5:08 | - | 51:48 | - | 40 | 13:29 | 188 | 19:30 | |
| Heuschnupfen Ai | - | 0:05 | - | 3 | 0:01 | 10 | 0:01 | - | 51:53 | - | 41 | 13:30 | 190 | 19:31 | |
| Schlammbowle E | - | 2:46 | - | 20 | 0:51 | 91 | 0:51 | - | 54:39 | - | 41 | 14:08 | 189 | 20:21 | |
| Schlammbowle A | - | 1:16 | - | 27 | 0:36 | 115 | 0:42 | - | 55:55 | - | 41 | 14:40 | 191 | 21:03 | |
| Sportplatz Mühlb | 8.00 | 4:15 | - | 26 | 0:50 | 120 | 0:52 | 8.00 | 1:00:10 | 7:31 | 22 | 21:31 | 96 | 21:55 | |