



Helbing King of Cross

Mühlberg / 01.11.2015

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Schindler, Henry

□□: EFC Calisthenics
 □□: 194

□□: 8.00 km
 Sprint

□□□□:
 Männer (20-29 Jahre)

□□□: 1:00:00

□□: 8.00 km/h
 □□□□: 7:30 min/km

□□□□□/□□□: 113 (of 292)

□□□□□/□: 92 (of 192)

□□□□□□: 38:15

□□□□□: 19(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 +	-	4:37	-	17	1:47	67	1:47	-	7:58	-	19	3:46	76	3:46	
Nordwand + Dov	-	6:46	-	23	2:19	108	2:21	-	14:44	-	22	6:05	78	6:05	
Nordwand + Dov	-	2:22	-	19	0:50	85	0:54	-	17:06	-	21	6:55	77	6:55	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	19:34	-	29	19:18	133	19:18	-	36:40	-	36	9:05	166	13:36	
Pneumant Einstie	-	0:56	-	15	0:35	74	0:35	-	37:36	-	40	9:32	71	14:08	
Pneumant Aussti	-	0:16	-	36	0:13	172	0:13	-	37:52	-	41	9:45	192	14:18	
Heuschnupfen Ei	-	13:56	-	26	5:01	126	5:12	-	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	-	1:12	-	26	0:32	106	0:38	-	55:51	-	41	14:36	191	20:59	
Sportplatz Mühlb	8.00	4:09	-	22	0:44	103	0:46	8.00	1:00:00	7:30	19	21:21	92	21:45	