



Helbing King of Cross

Mühlberg / 01.11.2015

0000

popp, thomas

00: erfurt
00: 361

00: 16.00 km
Expert

0000:
Senioren M40 (40-44 Jahre)

000: 1:44:13

00: 9.21 km/h
0000: 6:31 min/km

00000/0000: 91 (of 304)

00000/0: 86 (of 252)

000000: 1:05:10

00000: 14(of 31)

0000000: 1:09:36

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0000

000

| 000 | 00 km | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 km | 000 min/km | 00 - | 00 - | 00 0 | 00 0 | | |
|------------------|-------|-----------|------|------|-------|------|--------|------------|---------|------|------|-------|-----|-------|
| Himmelsleiter + | - | 2:27 | - | 11 | 1:15 | 70 | 1:25 | - | 2:27 | - | 11 | 1:15 | 70 | 1:25 |
| Himmelsleiter + | - | 4:07 | - | 12 | 1:22 | 65 | 1:35 | - | 6:34 | - | 11 | 2:37 | 66 | 3:00 |
| Nordwand + Dov | - | 5:44 | - | 14 | 1:49 | 99 | 2:01 | - | 12:18 | - | 12 | 4:26 | 65 | 5:01 |
| Nordwand + Dov | - | 1:56 | - | 14 | 0:31 | 84 | 0:47 | - | 14:14 | - | 12 | 4:57 | 67 | 5:46 |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - |
| Duckmäuser Aus | - | 17:05 | - | 26 | 16:47 | 180 | 16:52 | - | 31:19 | - | 28 | 10:23 | 214 | 11:49 |
| Pneumant Einstie | - | 1:23 | - | 24 | 1:02 | 166 | 1:09 | - | 32:42 | - | 31 | 11:25 | 230 | 12:50 |
| Pneumant Aussti | - | 0:06 | - | 5 | 0:02 | 43 | 0:05 | - | 32:48 | - | 31 | 11:25 | 247 | 12:50 |
| Heuschnupfen Ei | - | 11:43 | - | 13 | 3:50 | 94 | 4:24 | - | 44:31 | - | 32 | 15:15 | 242 | 17:14 |
| Heuschnupfen Ai | - | 0:05 | - | 1 | - | 8 | 0:01 | - | 44:36 | - | 31 | 15:13 | 242 | 17:15 |
| Schlammbowle E | - | 2:42 | - | 13 | 0:58 | 106 | 0:59 | - | 47:18 | - | 32 | 16:11 | 241 | 18:13 |
| Schlammbowle A | - | 1:04 | - | 17 | 0:27 | 115 | 0:30 | - | 48:22 | - | 32 | 16:38 | 248 | 18:42 |
| Himmelsleiter + | - | 4:30 | - | 13 | 1:30 | 81 | 1:47 | - | 52:52 | - | 31 | 18:08 | 244 | 20:22 |
| Himmelsleiter + | - | 4:28 | - | 12 | 1:25 | 81 | 1:41 | - | 57:20 | - | 31 | 19:33 | 244 | 21:57 |
| Nordwand + Dov | - | 6:06 | - | 11 | 1:56 | 72 | 2:08 | - | 1:03:26 | - | 31 | 21:29 | 244 | 24:02 |
| Nordwand + Dov | - | 2:05 | - | 16 | 0:41 | 136 | 1:01 | - | 1:05:31 | - | 31 | 22:10 | 244 | 24:56 |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - |
| Duckmäuser Aus | - | 17:54 | - | 26 | 17:40 | 192 | 17:43 | - | 1:23:25 | - | 30 | 27:56 | 223 | 31:48 |
| Pneumant Einstie | - | 0:58 | - | 14 | 0:37 | 86 | 0:38 | - | 1:24:23 | - | 28 | 28:33 | 196 | 32:26 |
| Pneumant Aussti | - | 0:08 | - | 18 | 0:06 | 103 | 0:06 | - | 1:24:31 | - | 31 | 28:34 | 245 | 32:32 |
| Heuschnupfen Ei | - | 11:44 | - | 12 | 3:50 | 86 | 4:23 | - | 1:36:15 | - | 31 | 32:24 | 245 | 36:55 |
| Heuschnupfen Ai | - | 0:07 | - | 21 | 0:02 | 132 | 0:03 | - | 1:36:22 | - | 31 | 32:25 | 243 | 36:58 |
| Schlammbowle E | - | 2:45 | - | 14 | 1:02 | 109 | 1:04 | - | 1:39:07 | - | 29 | 33:27 | 241 | 38:01 |
| Schlammbowle A | - | 1:08 | - | 13 | 0:30 | 100 | 0:34 | - | 1:40:15 | - | 31 | 33:57 | 247 | 38:33 |
| Sportplatz Mühlb | 8.00 | 3:58 | - | 19 | 0:40 | 132 | 0:47 | 16.00 | 1:44:13 | 6:30 | 14 | 34:37 | 86 | 39:03 |