



Helbing King of Cross  
Mühlberg / 01.11.2015

□□□□

Goppert, Sebastian

□□: Coburg Locals / RunningBros

□□: 223

□□: 8.00 km

Sprint

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 1:03:53

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 155 (of 292)

□□□□□/□: 121 (of 192)

□□□□□□: 38:15

□□□□□: 26(of 38)

□□□□□□□: 45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:47	-	26	2:01	121	2:25	-	3:47	-	26	2:01	121	2:25	
Himmelsleiter +	-	5:32	-	26	2:02	124	2:42	-	9:19	-	25	4:03	122	5:07	
Nordwand + Dov	-	6:10	-	10	0:55	59	1:45	-	15:29	-	19	4:58	106	6:50	
Nordwand + Dov	-	2:28	-	20	0:50	114	1:00	-	17:57	-	17	5:43	104	7:46	
Duckmäuser Eins	-	17:40	-	10	3:00	48	5:19	-	35:37	-	11	8:07	67	12:51	
Duckmäuser Aus	-	0:20	-	2	0:01	12	0:04	-	35:57	-	11	8:05	64	12:53	
Pneumant Einstie	-	1:05	-	18	0:41	99	0:44	-	37:02	-	11	8:34	65	13:34	
Pneumant Aussti	-	0:12	-	27	0:07	133	0:09	-	37:14	-	11	8:41	65	13:40	
Heuschnupfen Ei	-	11:45	-	14	1:51	57	3:01	-	48:59	-	10	10:32	54	16:41	
Heuschnupfen Ai	-	0:07	-	25	0:03	122	0:03	-	49:06	-	10	10:34	52	16:44	
Schlammbowle E	-	2:38	-	16	0:33	65	0:43	-	51:44	-	10	10:59	52	17:26	
Schlammbowle A	-	1:46	-	35	1:02	170	1:12	-	53:30	-	10	12:01	56	18:38	
Sportplatz Mühlb	8.00	10:23	-	38	6:43	191	7:00	8.00	1:03:53	7:59	26	18:41	121	25:38	