



Helbing King of Cross  
Mühlberg / 01.11.2015

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Reisener, Siegurd

□□: Sportklinik Erfurt

□□: 135

□□: 8.00 km

Sprint

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 1:11:16

□□: 6.74 km/h

□□□□: 8:55 min/km

□□□□□/□□□: 228 (of 292)

□□□□□/□: 167 (of 192)

□□□□□□: 38:15

□□□□□: 9(of 12)

□□□□□□□: 42:47

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	4:50	-	9	3:05	158	3:28	-	4:50	-	9	3:05	158	3:28
Himmelsleiter +	-	5:53	-	8	2:34	165	3:03	-	10:43	-	9	5:39	159	6:31
Nordwand + Dov	-	6:56	-	7	2:06	119	2:31	-	17:39	-	8	7:45	145	9:00
Nordwand + Dov	-	2:40	-	9	1:03	149	1:12	-	20:19	-	8	8:48	144	10:08
Duckmäuser Eins	-	22:23	-	6	8:33	113	10:02	-	42:42	-	5	17:21	109	19:56
Duckmäuser Aus	-	0:27	-	4	0:07	72	0:11	-	43:09	-	5	17:28	108	20:05
Pneumant Einstie	-	1:04	-	7	0:33	98	0:43	-	44:13	-	5	18:01	100	20:45
Pneumant Aussti	-	0:15	-	10	0:07	167	0:12	-	44:28	-	5	18:08	101	20:54
Heuschnupfen Ei	-	15:50	-	9	6:11	172	7:06	-	1:00:18	-	6	24:19	104	28:00
Heuschnupfen Ai	-	0:07	-	7	0:02	122	0:03	-	1:00:25	-	6	24:21	102	28:03
Schlammbowle E	-	3:19	-	9	1:03	152	1:24	-	1:03:44	-	6	25:23	100	29:26
Schlammbowle A	-	1:53	-	11	1:04	176	1:19	-	1:05:37	-	6	26:27	102	30:45
Sportplatz Mühlb	8.00	5:39	-	12	2:02	184	2:16	8.00	1:11:16	8:54	9	28:29	167	33:01