



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Bachmann, Silio

□□: Team Helbing

□□: 109

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 47:56

□□: 10.01 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 22 (of 292)

□□□□□/□: 20 (of 192)

□□□□□□: 38:15

□□□□□: 4(of 29)

□□□□□□□: 43:19

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 2:02 | - | 3 | 0:14 | 14 | 0:40 | - | 2:02 | - | 3 | 0:14 | 14 | 0:40 |
| Himmelsleiter + | - | 3:53 | - | 4 | 0:29 | 25 | 1:03 | - | 5:55 | - | 3 | 0:38 | 18 | 1:43 |
| Nordwand + Dov | - | 5:26 | - | 4 | 0:25 | 19 | 1:01 | - | 11:21 | - | 3 | 1:03 | 15 | 2:42 |
| Nordwand + Dov | - | 1:50 | - | 5 | 0:20 | 26 | 0:22 | - | 13:11 | - | 3 | 1:23 | 17 | 3:00 |
| Duckmäuser Eins | - | 15:24 | - | 4 | 1:22 | 18 | 3:03 | - | 28:35 | - | 4 | 2:45 | 14 | 5:49 |
| Duckmäuser Aus | - | 0:22 | - | 5 | 0:06 | 26 | 0:06 | - | 28:57 | - | 4 | 2:51 | 13 | 5:53 |
| Pneumant Einstie | - | 0:33 | - | 5 | 0:04 | 23 | 0:12 | - | 29:30 | - | 4 | 2:53 | 12 | 6:02 |
| Pneumant Aussti | - | 0:08 | - | 5 | 0:04 | 52 | 0:05 | - | 29:38 | - | 4 | 2:55 | 12 | 6:04 |
| Heuschnupfen Ei | - | 11:09 | - | 4 | 1:13 | 34 | 2:25 | - | 40:47 | - | 4 | 4:08 | 13 | 8:29 |
| Heuschnupfen Ai | - | 0:05 | - | 1 | - | 10 | 0:01 | - | 40:52 | - | 4 | 4:06 | 13 | 8:30 |
| Schlammbowle E | - | 2:23 | - | 3 | 0:11 | 26 | 0:28 | - | 43:15 | - | 4 | 4:17 | 13 | 8:57 |
| Schlammbowle A | - | 0:52 | - | 4 | 0:10 | 36 | 0:18 | - | 44:07 | - | 4 | 4:24 | 13 | 9:15 |
| Sportplatz Mühlb | 8.00 | 3:49 | - | 4 | 0:13 | 38 | 0:26 | 8.00 | 47:56 | 5:59 | 4 | 4:37 | 20 | 9:41 |