



Helbing King of Cross  
Mühlberg / 01.11.2015

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Schleising, Stephan

□□: CROSSFIT ERFURT  
□□: 206

□□: 8.00 km  
Sprint

□□□□:  
Männer (20-29 Jahre)

□□□: 57:04

□□: 8.41 km/h  
□□□□: 7:08 min/km

□□□□□/□□□□: 78 (of 292)

□□□□□/□: 67 (of 192)

□□□□□□: 38:15

□□□□□: 15(of 40)

□□□□□□□: 38:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:50	-	14	1:28	61	1:28	-	2:50	-	14	1:28	61	1:28
Himmelsleiter +	-	4:28	-	12	1:38	54	1:38	-	7:18	-	12	3:06	56	3:06
Nordwand + Dov	-	6:22	-	14	1:55	72	1:57	-	13:40	-	13	5:01	60	5:01
Nordwand + Dov	-	2:18	-	17	0:46	77	0:50	-	15:58	-	13	5:47	62	5:47
Duckmäuser Eins	-	18:35	-	12	4:09	64	6:14	-	34:33	-	12	7:18	55	11:47
Duckmäuser Aus	-	0:22	-	8	0:06	26	0:06	-	34:55	-	12	7:20	54	11:51
Pneumant Einstie	-	1:10	-	22	0:49	109	0:49	-	36:05	-	12	8:01	54	12:37
Pneumant Aussti	-	0:16	-	36	0:13	172	0:13	-	36:21	-	12	8:14	54	12:47
Heuschnupfen Ei	-	12:59	-	20	4:04	99	4:15	-	49:20	-	13	11:01	59	17:02
Heuschnupfen Ai	-	0:06	-	19	0:02	65	0:02	-	49:26	-	13	11:03	57	17:04
Schlammbowle E	-	2:35	-	14	0:40	60	0:40	-	52:01	-	13	11:30	56	17:43
Schlammbowle A	-	1:02	-	17	0:22	77	0:28	-	53:03	-	13	11:48	53	18:11
Sportplatz Mühlb	8.00	4:01	-	17	0:36	71	0:38	8.00	57:04	7:08	15	18:25	67	18:49