



Helbing King of Cross
Mühlberg / 01.11.2015

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Liesaus, Eckehard

□□: Sportklinik Erfurt

□□: 131

□□: 8.00 km

Sprint

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:11:17

□□: 6.73 km/h

□□□□: 8:55 min/km

□□□□□/□□□: 230 (of 292)

□□□□□/□: 168 (of 192)

□□□□□□: 38:15

□□□□□: 15(of 19)

□□□□□□□: 47:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:55	-	15	2:50	166	3:33	-	4:55	-	15	2:50	166	3:33
Himmelsleiter +	-	5:36	-	13	1:51	125	2:46	-	10:31	-	13	4:41	151	6:19
Nordwand + Dov	-	6:25	-	8	0:50	75	2:00	-	16:56	-	13	5:31	136	8:17
Nordwand + Dov	-	2:56	-	16	1:12	167	1:28	-	19:52	-	14	6:43	140	9:41
Duckmäuser Eins	-	20:08	-	7	4:26	89	7:47	-	40:00	-	7	10:00	95	17:14
Duckmäuser Aus	-	0:26	-	5	0:05	62	0:10	-	40:26	-	7	10:05	94	17:22
Pneumant Einstie	-	3:46	-	14	3:20	161	3:25	-	44:12	-	8	13:25	99	20:44
Pneumant Aussti	-	0:11	-	13	0:06	112	0:08	-	44:23	-	8	13:30	99	20:49
Heuschnupfen Ei	-	15:51	-	16	5:01	174	7:07	-	1:00:14	-	8	18:31	101	27:56
Heuschnupfen Ai	-	0:08	-	15	0:03	156	0:04	-	1:00:22	-	8	18:33	99	28:00
Schlammbowle E	-	3:21	-	13	1:00	156	1:26	-	1:03:43	-	9	19:33	99	29:25
Schlammbowle A	-	1:36	-	14	0:50	161	1:02	-	1:05:19	-	9	20:23	98	30:27
Sportplatz Mühlb	8.00	5:58	-	17	2:16	185	2:35	8.00	1:11:17	8:54	15	23:37	168	33:02