



Helbing King of Cross
Mühlberg / 01.11.2015

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Dinse, Stefan

□□: Coburg Locals / RunningBros

□□: 216

□□: 8.00 km

Sprint

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 58:13

□□: 8.25 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 94 (of 292)

□□□□□/□: 78 (of 192)

□□□□□□: 38:15

□□□□□: 8(of 19)

□□□□□□□: 47:40

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	3:25	-	5	1:20	94	2:03	-	3:25	-	5	1:20	94	2:03
Himmelsleiter +	-	4:59	-	6	1:14	88	2:09	-	8:24	-	6	2:34	90	4:12
Nordwand + Dov	-	6:22	-	7	0:47	72	1:57	-	14:46	-	5	3:21	81	6:07
Nordwand + Dov	-	2:24	-	8	0:40	95	0:56	-	17:10	-	6	4:01	81	6:59
Duckmäuser Eins	-	18:24	-	4	2:42	61	6:03	-	35:34	-	3	5:34	66	12:48
Duckmäuser Aus	-	0:26	-	5	0:05	62	0:10	-	36:00	-	3	5:39	66	12:56
Pneumant Einstie	-	0:49	-	8	0:23	61	0:28	-	36:49	-	3	6:02	61	13:21
Pneumant Aussti	-	0:09	-	11	0:04	80	0:06	-	36:58	-	3	6:05	61	13:24
Heuschnupfen Ei	-	12:42	-	9	1:52	88	3:58	-	49:40	-	4	7:57	64	17:22
Heuschnupfen Ai	-	0:11	-	18	0:06	180	0:07	-	49:51	-	4	8:02	62	17:29
Schlammbowle E	-	3:01	-	9	0:40	122	1:06	-	52:52	-	4	8:42	62	18:34
Schlammbowle A	-	1:15	-	8	0:29	111	0:41	-	54:07	-	4	9:11	62	19:15
Sportplatz Mühlb	8.00	4:06	-	6	0:24	94	0:43	8.00	58:13	7:16	8	10:33	78	19:58