



Helbing King of Cross

Mühlberg / 01.11.2015

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Helbing, Tobias

□□: Team Helbing

□□: 111

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 1:09:16

□□: 6.93 km/h

□□□□: 8:40 min/km

□□□□□/□□□: 208 (of 292)

□□□□□/□: 154 (of 192)

□□□□□□: 38:15

□□□□□: 24(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	6:16	-	28	4:28	188	4:54	-	6:16	-	28	4:28	188	4:54
Himmelsleiter +	-	5:41	-	24	2:17	140	2:51	-	11:57	-	28	6:40	188	7:45
Nordwand + Dov	-	10:39	-	29	5:38	190	6:14	-	22:36	-	28	12:18	189	13:57
Nordwand + Dov	-	2:44	-	25	1:14	155	1:16	-	25:20	-	28	13:32	187	15:09
Duckmäuser Eins	-	20:54	-	19	6:52	97	8:33	-	46:14	-	21	20:24	118	23:28
Duckmäuser Aus	-	0:26	-	11	0:10	62	0:10	-	46:40	-	21	20:34	117	23:36
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	1:28	-	28	1:24	187	1:25	-	48:08	-	30	21:25	192	24:34
Heuschnupfen Ei	-	13:10	-	17	3:14	104	4:26	-	1:01:18	-	30	24:39	188	29:00
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	1:01:24	-	28	24:38	190	29:02
Schlammbowle E	-	2:46	-	12	0:34	91	0:51	-	1:04:10	-	29	25:12	189	29:52
Schlammbowle A	-	1:12	-	15	0:30	106	0:38	-	1:05:22	-	30	25:39	191	30:30
Sportplatz Mühlb	8.00	3:54	-	6	0:18	52	0:31	8.00	1:09:16	8:39	24	25:57	154	31:01