



Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Sonnefeld, Oliver

□□: Coburg Locals / RunningBros
 □□: 460

□□: 16.00 km
 Expert

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:05:37

□□: 7.64 km/h
 □□□□: 7:51 min/km

□□□□□/□□□□: 223 (of 304)

□□□□□/□: 200 (of 252)

□□□□□□: 1:05:10

□□□□□: 36(of 42)

□□□□□□□: 1:05:21

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter + | - | 3:37 | - | 33 | 2:35 | 175 | 2:35 | - | 3:37 | - | 33 | 2:35 | 175 | 2:35 | |
| Himmelsleiter + | - | 5:23 | - | 38 | 2:51 | 214 | 2:51 | - | 9:00 | - | 34 | 5:26 | 179 | 5:26 | |
| Nordwand + Dov | - | 6:34 | - | 38 | 2:51 | 192 | 2:51 | - | 15:34 | - | 36 | 8:17 | 194 | 8:17 | |
| Nordwand + Dov | - | 2:41 | - | 41 | 1:30 | 234 | 1:32 | - | 18:15 | - | 38 | 9:47 | 200 | 9:47 | |
| Duckmäuser Eins | - | 19:58 | - | 17 | 7:16 | 128 | 9:18 | - | 38:13 | - | 16 | 14:58 | 127 | 18:57 | |
| Duckmäuser Aus | - | 0:31 | - | 16 | 0:16 | 125 | 0:18 | - | 38:44 | - | 15 | 15:05 | 124 | 19:14 | |
| Pneumant Einstie | - | 1:21 | - | 27 | 1:07 | 162 | 1:07 | - | 40:05 | - | 15 | 16:02 | 114 | 20:13 | |
| Pneumant Aussti | - | 0:08 | - | 21 | 0:07 | 103 | 0:07 | - | 40:13 | - | 15 | 16:05 | 113 | 20:15 | |
| Heuschnupfen Ei | - | 13:49 | - | 37 | 6:19 | 209 | 6:30 | - | 54:02 | - | 14 | 20:58 | 109 | 26:45 | |
| Heuschnupfen Ai | - | 0:06 | - | 10 | 0:02 | 50 | 0:02 | - | 54:08 | - | 14 | 20:58 | 105 | 26:47 | |
| Schlammbowle E | - | 3:02 | - | 38 | 1:19 | 191 | 1:19 | - | 57:10 | - | 15 | 21:51 | 105 | 28:05 | |
| Schlammbowle A | - | 1:21 | - | 34 | 0:47 | 186 | 0:47 | - | 58:31 | - | 15 | 22:35 | 105 | 28:51 | |
| Himmelsleiter + | - | 4:45 | - | 18 | 2:02 | 115 | 2:02 | - | 1:03:16 | - | 13 | 23:59 | 101 | 30:46 | |
| Himmelsleiter + | - | 5:12 | - | 34 | 2:25 | 187 | 2:25 | - | 1:08:28 | - | 13 | 25:41 | 101 | 33:05 | |
| Nordwand + Dov | - | 6:58 | - | 31 | 3:00 | 156 | 3:00 | - | 1:15:26 | - | 13 | 27:49 | 99 | 36:02 | |
| Nordwand + Dov | - | 2:27 | - | 38 | 1:23 | 214 | 1:23 | - | 1:17:53 | - | 13 | 28:46 | 99 | 37:18 | |
| Duckmäuser Eins | - | 21:50 | - | 26 | 10:59 | 159 | 21:33 | - | 1:39:43 | - | 13 | 37:28 | 89 | 48:19 | |
| Duckmäuser Aus | - | 0:24 | - | 12 | 0:08 | 70 | 0:13 | - | 1:40:07 | - | 13 | 37:32 | 89 | 48:30 | |
| Pneumant Einstie | - | 1:23 | - | 22 | 1:01 | 137 | 1:03 | - | 1:41:30 | - | 11 | 38:31 | 80 | 49:33 | |
| Pneumant Aussti | - | 0:08 | - | 19 | 0:06 | 103 | 0:06 | - | 1:41:38 | - | 11 | 38:35 | 80 | 49:39 | |
| Heuschnupfen Ei | - | 15:39 | - | 40 | 8:12 | 228 | 8:18 | - | 1:57:17 | - | 12 | 45:21 | 83 | 57:57 | |
| Heuschnupfen Ai | - | 0:09 | - | 35 | 0:05 | 212 | 0:05 | - | 1:57:26 | - | 12 | 45:25 | 83 | 58:02 | |
| Schlammbowle E | - | 2:52 | - | 28 | 1:09 | 140 | 1:11 | - | 2:00:18 | - | 12 | 46:16 | 81 | 59:12 | |
| Schlammbowle A | - | 1:22 | - | 29 | 0:48 | 177 | 0:48 | - | 2:01:40 | - | 12 | 46:55 | 81 | 59:58 | |
| Sportplatz Mühlb | 8.00 | 3:57 | - | 25 | 0:39 | 128 | 0:46 | 16.00 | 2:05:37 | 7:51 | 36 | 1:00:16 | 200 | 1:00:27 | |