



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Kroehne, Enrico

□□: Sportklinik Erfurt

□□: 130

□□: 8.00 km

Sprint

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 1:10:48

□□: 6.78 km/h

□□□□: 8:51 min/km

□□□□□/□□□: 226 (of 292)

□□□□□/□: 165 (of 192)

□□□□□□: 38:15

□□□□□: 31(of 31)

□□□□□□□: 44:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:05	-	30	3:06	169	3:43	-	5:05	-	30	3:06	169	3:43
Himmelsleiter +	-	5:40	-	24	2:16	138	2:50	-	10:45	-	29	5:22	160	6:33
Nordwand + Dov	-	7:01	-	23	2:00	123	2:36	-	17:46	-	28	7:22	146	9:07
Nordwand + Dov	-	2:38	-	29	1:09	144	1:10	-	20:24	-	28	8:31	145	10:13
Duckmäuser Eins	-	22:10	-	19	7:38	111	9:49	-	42:34	-	19	16:09	108	19:48
Duckmäuser Aus	-	0:29	-	14	0:10	90	0:13	-	43:03	-	18	14:48	106	19:59
Pneumant Einstie	-	1:30	-	26	1:02	139	1:09	-	44:33	-	16	13:26	104	21:05
Pneumant Aussti	-	0:13	-	24	0:10	146	0:10	-	44:46	-	16	13:34	104	21:12
Heuschnupfen Ei	-	15:33	-	30	5:37	168	6:49	-	1:00:19	-	15	17:59	105	28:01
Heuschnupfen Ai	-	0:07	-	21	0:02	122	0:03	-	1:00:26	-	15	18:01	103	28:04
Schlammbowle E	-	3:20	-	30	1:08	154	1:25	-	1:03:46	-	15	18:57	101	29:28
Schlammbowle A	-	1:43	-	31	1:08	167	1:09	-	1:05:29	-	15	19:50	100	30:37
Sportplatz Mühlb	8.00	5:19	-	31	1:42	181	1:56	8.00	1:10:48	8:50	31	26:34	165	32:33