



Helbing King of Cross
Mühlberg / 01.11.2015

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Tiesel, Steffen

□□: Laufjunkies

□□: 360

□□: 8.00 km

Sprint

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 49:54

□□: 9.62 km/h

□□□□: 6:14 min/km

□□□□□/□□□: 35 (of 292)

□□□□□/□: 33 (of 192)

□□□□□□: 38:15

□□□□□: 6(of 38)

□□□□□□□: 45:12

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | |
|------------------|----------|-----------------|---------|---------|---------|---------|------|-----------|------------------|---------|---------|---------|---------|-------|
| Himmelsleiter + | - | 2:45 | - | 13 | 0:59 | 51 | 1:23 | - | 2:45 | - | 13 | 0:59 | 51 | 1:23 |
| Himmelsleiter + | - | 4:12 | - | 9 | 0:42 | 45 | 1:22 | - | 6:57 | - | 11 | 1:41 | 49 | 2:45 |
| Nordwand + Dov | - | 5:54 | - | 9 | 0:39 | 42 | 1:29 | - | 12:51 | - | 9 | 2:20 | 46 | 4:12 |
| Nordwand + Dov | - | 1:58 | - | 10 | 0:20 | 44 | 0:30 | - | 14:49 | - | 9 | 2:35 | 47 | 4:38 |
| Duckmäuser Eins | - | 15:55 | - | 5 | 1:15 | 22 | 3:34 | - | 30:44 | - | 7 | 3:14 | 29 | 7:58 |
| Duckmäuser Aus | - | 0:24 | - | 11 | 0:05 | 43 | 0:08 | - | 31:08 | - | 7 | 3:16 | 28 | 8:04 |
| Pneumant Einstie | - | 0:29 | - | 3 | 0:05 | 10 | 0:08 | - | 31:37 | - | 6 | 3:09 | 25 | 8:09 |
| Pneumant Aussti | - | 0:08 | - | 13 | 0:03 | 52 | 0:05 | - | 31:45 | - | 6 | 3:12 | 25 | 8:11 |
| Heuschnupfen Ei | - | 10:42 | - | 4 | 0:48 | 17 | 1:58 | - | 42:27 | - | 5 | 4:00 | 21 | 10:09 |
| Heuschnupfen Ai | - | 0:06 | - | 14 | 0:02 | 65 | 0:02 | - | 42:33 | - | 5 | 4:01 | 20 | 10:11 |
| Schlammbowle E | - | 2:22 | - | 6 | 0:17 | 21 | 0:27 | - | 44:55 | - | 6 | 4:10 | 21 | 10:37 |
| Schlammbowle A | - | 0:52 | - | 6 | 0:08 | 36 | 0:18 | - | 45:47 | - | 6 | 4:18 | 20 | 10:55 |
| Sportplatz Mühlb | 8.00 | 4:07 | - | 17 | 0:27 | 97 | 0:44 | 8.00 | 49:54 | 6:14 | 6 | 4:42 | 33 | 11:39 |