



Helbing King of Cross

Mühlberg / 01.11.2015

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Ballhausen, Matthias

00: Team Helbing
00: 509

00: 16.00 km
Expert

0000:
Senioren M50 (50-54 Jahre)

000: 1:55:29

00: 8.31 km/h
0000: 7:13 min/km

00000/0000: 171 (of 304)

00000/0: 158 (of 252)

000000: 1:05:10

00000: 6(of 12)

0000000: 1:48:03

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| 000 | 00 km | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 km | 000 min/km | 00 - | 00 - | 00 0 | 00 0 | | |
|------------------|-------|-----------|------|------|------|------|--------|------------|---------|------|------|------|-----|-------|
| Himmelsleiter + | - | 3:34 | - | 7 | 1:04 | 169 | 2:32 | - | 3:34 | - | 7 | 1:04 | 169 | 2:32 |
| Himmelsleiter + | - | 5:10 | - | 6 | 1:01 | 171 | 2:38 | - | 8:44 | - | 7 | 2:05 | 170 | 5:10 |
| Nordwand + Dov | - | 6:18 | - | 8 | 0:47 | 166 | 2:35 | - | 15:02 | - | 8 | 2:26 | 175 | 7:45 |
| Nordwand + Dov | - | 2:24 | - | 10 | 0:31 | 191 | 1:15 | - | 17:26 | - | 8 | 2:57 | 175 | 8:58 |
| Duckmäuser Eins | - | 18:06 | - | 6 | 0:43 | 99 | 7:26 | - | 35:32 | - | 7 | 3:11 | 108 | 16:16 |
| Duckmäuser Aus | - | 0:32 | - | 9 | 0:09 | 131 | 0:19 | - | 36:04 | - | 7 | 3:19 | 106 | 16:34 |
| Pneumant Einstie | - | 0:44 | - | 1 | - | 67 | 0:30 | - | 36:48 | - | 7 | 3:02 | 92 | 16:56 |
| Pneumant Aussti | - | 0:08 | - | 3 | 0:04 | 103 | 0:07 | - | 36:56 | - | 7 | 3:01 | 91 | 16:58 |
| Heuschnupfen Ei | - | 12:31 | - | 6 | 0:35 | 144 | 5:12 | - | 49:27 | - | 6 | 3:05 | 87 | 22:10 |
| Heuschnupfen Ai | - | 0:06 | - | 2 | 0:01 | 50 | 0:02 | - | 49:33 | - | 6 | 3:05 | 84 | 22:12 |
| Schlammbowle E | - | 2:52 | - | 5 | 0:12 | 149 | 1:09 | - | 52:25 | - | 6 | 3:03 | 83 | 23:20 |
| Schlammbowle A | - | 1:14 | - | 5 | 0:12 | 154 | 0:40 | - | 53:39 | - | 6 | 3:15 | 83 | 23:59 |
| Himmelsleiter + | - | 4:51 | - | 3 | 0:41 | 125 | 2:08 | - | 58:30 | - | 5 | 2:50 | 81 | 26:00 |
| Himmelsleiter + | - | 4:59 | - | 4 | 0:23 | 157 | 2:12 | - | 1:03:29 | - | 5 | 2:38 | 81 | 28:06 |
| Nordwand + Dov | - | 6:59 | - | 5 | 0:47 | 160 | 3:01 | - | 1:10:28 | - | 5 | 3:12 | 81 | 31:04 |
| Nordwand + Dov | - | 2:22 | - | 9 | 0:21 | 197 | 1:18 | - | 1:12:50 | - | 5 | 3:26 | 81 | 32:15 |
| Duckmäuser Eins | - | 19:40 | - | 4 | 2:14 | 118 | 19:23 | - | 1:32:30 | - | 5 | 5:40 | 74 | 41:06 |
| Duckmäuser Aus | - | 0:28 | - | 5 | 0:05 | 118 | 0:17 | - | 1:32:58 | - | 5 | 5:39 | 74 | 41:21 |
| Pneumant Einstie | - | 0:55 | - | 2 | 0:05 | 82 | 0:35 | - | 1:33:53 | - | 5 | 5:44 | 64 | 41:56 |
| Pneumant Aussti | - | 0:08 | - | 3 | 0:03 | 103 | 0:06 | - | 1:34:01 | - | 5 | 5:43 | 64 | 42:02 |
| Heuschnupfen Ei | - | 13:11 | - | 5 | 1:16 | 156 | 5:50 | - | 1:47:12 | - | 5 | 6:59 | 65 | 47:52 |
| Heuschnupfen Ai | - | 0:06 | - | 1 | - | 58 | 0:02 | - | 1:47:18 | - | 5 | 6:57 | 65 | 47:54 |
| Schlammbowle E | - | 2:54 | - | 4 | 0:25 | 147 | 1:13 | - | 1:50:12 | - | 6 | 7:12 | 65 | 49:06 |
| Schlammbowle A | - | 1:24 | - | 5 | 0:13 | 187 | 0:50 | - | 1:51:36 | - | 6 | 7:19 | 64 | 49:54 |
| Sportplatz Mühlb | 8.00 | 3:53 | - | 3 | 0:07 | 101 | 0:42 | 16.00 | 1:55:29 | 7:13 | 6 | 7:26 | 158 | 50:19 |