



Helbing King of Cross

Mühlberg / 01.11.2015

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Kahl, Matthias

□□: 50 Shades of Matsch
 □□: 210

□□: 8.00 km
 Sprint

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 57:49

□□: 8.30 km/h
 □□□□: 7:14 min/km

□□□□□/□□□: 90 (of 292)

□□□□□/□: 76 (of 192)

□□□□□□: 38:15

□□□□□: 12(of 38)

□□□□□□□: 45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:42	-	12	0:56	49	1:20	-	2:42	-	12	0:56	49	1:20	
Himmelsleiter +	-	4:20	-	11	0:50	52	1:30	-	7:02	-	12	1:46	51	2:50	
Nordwand + Dov	-	6:15	-	11	1:00	64	1:50	-	13:17	-	12	2:46	53	4:38	
Nordwand + Dov	-	2:02	-	12	0:24	51	0:34	-	15:19	-	12	3:05	54	5:08	
Duckmäuser Eins	-	19:40	-	15	5:00	85	7:19	-	34:59	-	10	7:29	58	12:13	
Duckmäuser Aus	-	0:28	-	20	0:09	82	0:12	-	35:27	-	10	7:35	57	12:23	
Pneumant Einstie	-	0:49	-	11	0:25	61	0:28	-	36:16	-	10	7:48	55	12:48	
Pneumant Aussti	-	0:12	-	27	0:07	133	0:09	-	36:28	-	10	7:55	55	12:54	
Heuschnupfen Ei	-	13:01	-	22	3:07	100	4:17	-	49:29	-	11	11:02	63	17:11	
Heuschnupfen Ai	-	0:07	-	25	0:03	122	0:03	-	49:36	-	11	11:04	61	17:14	
Schlammbowle E	-	2:47	-	21	0:42	99	0:52	-	52:23	-	11	11:38	59	18:05	
Schlammbowle A	-	1:23	-	29	0:39	136	0:49	-	53:46	-	11	12:17	59	18:54	
Sportplatz Mühlb	8.00	4:03	-	15	0:23	82	0:40	8.00	57:49	7:13	12	12:37	76	19:34	