



Helbing King of Cross
Mühlberg / 01.11.2015

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Raabe, Mark

□□: Heidenrod
□□: 120

□□: 8.00 km
Sprint

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 1:09:40

□□: 6.89 km/h
□□□□: 8:43 min/km

□□□□□/□□□: 218 (of 292)

□□□□□/□: 158 (of 192)

□□□□□□: 38:15

□□□□□: 25(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:26	-	24	2:38	140	3:04	-	4:26	-	24	2:38	140	3:04	
Himmelsleiter +	-	5:52	-	28	2:28	163	3:02	-	10:18	-	24	5:01	143	6:06	
Nordwand + Dov	-	7:44	-	26	2:43	164	3:19	-	18:02	-	24	7:44	152	9:23	
Nordwand + Dov	-	2:45	-	26	1:15	158	1:17	-	20:47	-	24	8:59	149	10:36	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	22:46	-	25	22:30	154	22:30	-	43:33	-	26	17:27	166	20:29	
Pneumant Einstie	-	1:08	-	16	0:39	105	0:47	-	44:41	-	28	18:04	184	21:13	
Pneumant Aussti	-	0:11	-	13	0:07	112	0:08	-	44:52	-	30	18:09	192	21:18	
Heuschnupfen Ei	-	15:18	-	27	5:22	164	6:34	-	1:00:10	-	30	23:31	188	27:52	
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	1:00:16	-	28	23:30	190	27:54	
Schlammbowle E	-	3:21	-	26	1:09	156	1:26	-	1:03:37	-	29	24:39	189	29:19	
Schlammbowle A	-	1:38	-	25	0:56	165	1:04	-	1:05:15	-	30	25:32	97	30:23	
Sportplatz Mühlb	8.00	4:25	-	26	0:49	142	1:02	8.00	1:09:40	8:42	25	26:21	158	31:25	