



# Helbing King of Cross

Mühlberg / 01.11.2015

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**Brossmann, Patrick**

□□: Team THORWART  
 □□: 645

□□: 16.00 km  
 Expert

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 1:26:17

□□: 11.13 km/h  
 □□□□: 5:23 min/km

□□□□□/□□□□: 21 (of 304)

□□□□□/□: 21 (of 252)

□□□□□□: 1:05:10

□□□□□: 4(of 31)

□□□□□□□: 1:09:36

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Himmelsleiter +	-	1:48	-	3	0:36	29	0:46	-	1:48	-	3	0:36	29	0:46
Himmelsleiter +	-	3:28	-	3	0:43	27	0:56	-	5:16	-	3	1:19	28	1:42
Nordwand + Dov	-	4:51	-	2	0:56	19	1:08	-	10:07	-	3	2:15	24	2:50
Nordwand + Dov	-	1:32	-	4	0:07	22	0:23	-	11:39	-	3	2:22	23	3:11
Duckmäuser Eins	-	13:48	-	3	2:30	14	3:08	-	25:27	-	3	4:52	14	6:11
Duckmäuser Aus	-	0:23	-	8	0:05	48	0:10	-	25:50	-	3	4:54	14	6:20
Pneumant Einstie	-	0:30	-	4	0:09	21	0:16	-	26:20	-	3	5:03	14	6:28
Pneumant Aussti	-	0:08	-	13	0:04	103	0:07	-	26:28	-	3	5:05	14	6:30
Heuschnupfen Ei	-	9:39	-	3	1:46	20	2:20	-	36:07	-	3	6:51	14	8:50
Heuschnupfen Ai	-	0:05	-	1	-	8	0:01	-	36:12	-	3	6:49	14	8:51
Schlammbowle E	-	2:13	-	3	0:29	19	0:30	-	38:25	-	3	7:18	14	9:20
Schlammbowle A	-	0:45	-	4	0:08	19	0:11	-	39:10	-	3	7:26	14	9:30
Himmelsleiter +	-	3:33	-	2	0:33	17	0:50	-	42:43	-	3	7:59	14	10:13
Himmelsleiter +	-	3:45	-	2	0:42	21	0:58	-	46:28	-	3	8:41	14	11:05
Nordwand + Dov	-	5:26	-	3	1:16	27	1:28	-	51:54	-	3	9:57	14	12:30
Nordwand + Dov	-	1:36	-	3	0:12	25	0:32	-	53:30	-	3	10:09	14	12:55
Duckmäuser Eins	-	14:34	-	3	2:43	21	14:17	-	1:08:04	-	3	12:52	14	16:40
Duckmäuser Aus	-	0:21	-	7	0:07	35	0:10	-	1:08:25	-	3	12:56	14	16:48
Pneumant Einstie	-	0:32	-	3	0:11	18	0:12	-	1:08:57	-	3	13:07	14	17:00
Pneumant Aussti	-	0:06	-	7	0:04	52	0:04	-	1:09:03	-	3	13:06	14	17:04
Heuschnupfen Ei	-	10:17	-	4	2:23	28	2:56	-	1:19:20	-	3	15:29	14	20:00
Heuschnupfen Ai	-	0:05	-	1	-	9	0:01	-	1:19:25	-	3	15:28	14	20:01
Schlammbowle E	-	2:20	-	5	0:37	29	0:39	-	1:21:45	-	3	16:05	14	20:39
Schlammbowle A	-	0:47	-	4	0:09	16	0:13	-	1:22:32	-	3	16:14	14	20:50
Sportplatz Mühlb	8.00	3:45	-	8	0:27	58	0:34	16.00	1:26:17	5:23	4	16:41	21	21:07