



# Helbing King of Cross

Mühlberg / 01.11.2015

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Winkler, Sebastian

□□: THE PURE NATURE CLAN

□□: 86

□□: 8.00 km

Sprint

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 1:04:53

□□: 7.40 km/h

□□□□: 8:07 min/km

□□□□□/□□□: 164 (of 292)

□□□□□/□: 129 (of 192)

□□□□□□: 38:15

□□□□□: 20(of 29)

□□□□□□□: 43:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:24	-	22	2:36	137	3:02	-	4:24	-	22	2:36	137	3:02	
Himmelsleiter +	-	5:38	-	21	2:14	131	2:48	-	10:02	-	22	4:45	137	5:50	
Nordwand + Dov	-	6:39	-	17	1:38	101	2:14	-	16:41	-	22	6:23	130	8:02	
Nordwand + Dov	-	2:24	-	17	0:54	95	0:56	-	19:05	-	22	7:17	130	8:54	
Duckmäuser Eins	-	20:37	-	16	6:35	94	8:16	-	39:42	-	18	13:52	94	16:56	
Duckmäuser Aus	-	0:33	-	20	0:17	111	0:17	-	40:15	-	18	14:09	93	17:11	
Pneumant Einstie	-	1:03	-	15	0:34	94	0:42	-	41:18	-	17	14:41	89	17:50	
Pneumant Aussti	-	0:14	-	23	0:10	159	0:11	-	41:32	-	17	14:49	90	17:58	
Heuschnupfen Ei	-	14:25	-	22	4:29	141	5:41	-	55:57	-	18	19:18	92	23:39	
Heuschnupfen Ai	-	0:10	-	26	0:05	178	0:06	-	56:07	-	16	19:21	90	23:45	
Schlammbowle E	-	3:10	-	22	0:58	139	1:15	-	59:17	-	16	20:19	89	24:59	
Schlammbowle A	-	1:22	-	21	0:40	134	0:48	-	1:00:39	-	16	20:56	87	25:47	
Sportplatz Mühlb	8.00	4:14	-	19	0:38	116	0:51	8.00	1:04:53	8:06	20	21:34	129	26:38	