



# Helbing King of Cross

Mühlberg / 01.11.2015

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Langer, Frank

□□: Team THORWART  
 □□: 298

□□: 8.00 km  
 Sprint

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 1:14:11

□□: 6.47 km/h  
 □□□□: 9:16 min/km

□□□□□/□□□: 256 (of 292)

□□□□□/□: 176 (of 192)

□□□□□□: 38:15

□□□□□: 11(of 12)

□□□□□□□: 42:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:30	-	12	3:45	175	4:08	-	5:30	-	12	3:45	175	4:08	
Himmelsleiter +	-	5:57	-	10	2:38	171	3:07	-	11:27	-	11	6:23	175	7:15	
Nordwand + Dov	-	8:22	-	11	3:32	178	3:57	-	19:49	-	12	9:55	183	11:10	
Nordwand + Dov	-	2:48	-	10	1:11	160	1:20	-	22:37	-	11	11:06	179	12:26	
Duckmäuser Eins	-	23:26	-	7	9:36	118	11:05	-	46:03	-	7	20:42	117	23:17	
Duckmäuser Aus	-	0:30	-	5	0:10	98	0:14	-	46:33	-	7	20:52	116	23:29	
Pneumant Einstie	-	1:06	-	9	0:35	102	0:45	-	47:39	-	7	21:27	111	24:11	
Pneumant Aussti	-	0:09	-	4	0:01	80	0:06	-	47:48	-	7	21:28	111	24:14	
Heuschnupfen Ei	-	16:02	-	10	6:23	175	7:18	-	1:03:50	-	7	27:51	110	31:32	
Heuschnupfen Ai	-	0:09	-	11	0:04	171	0:05	-	1:03:59	-	7	27:55	108	31:37	
Schlammbowle E	-	3:55	-	12	1:39	178	2:00	-	1:07:54	-	7	29:33	107	33:36	
Schlammbowle A	-	1:25	-	6	0:36	141	0:51	-	1:09:19	-	7	30:09	106	34:27	
Sportplatz Mühlb	8.00	4:52	-	11	1:15	176	1:29	8.00	1:14:11	9:16	11	31:24	176	35:56	