



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Reinstein, Lukas

□□: Road runners
□□: 184

□□: 8.00 km
Sprint

□□□□:
männliche Jugend U16 (14-15 Jahre)

□□□: 57:13

□□: 8.39 km/h
□□□□: 7:09 min/km

□□□□□/□□□□: 80 (of 292)

□□□□□/□: 69 (of 192)

□□□□□□: 38:15

□□□□□: 4(of 8)

□□□□□□□: 40:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	2:43	-	3	1:02	50	1:21	-	2:43	-	3	1:02	50	1:21	
Himmelsleiter +	-	4:46	-	4	1:41	76	1:56	-	7:29	-	4	2:43	63	3:17	
Nordwand + Dov	-	6:41	-	6	2:05	105	2:16	-	14:10	-	4	4:48	64	5:31	
Nordwand + Dov	-	2:16	-	4	0:48	74	0:48	-	16:26	-	4	5:36	66	6:15	
Duckmäuser Eins	-	18:47	-	4	5:50	66	6:26	-	35:13	-	4	11:26	61	12:27	
Duckmäuser Aus	-	0:32	-	7	0:16	105	0:16	-	35:45	-	4	11:42	60	12:41	
Pneumant Einstie	-	0:55	-	4	0:27	70	0:34	-	36:40	-	4	12:09	58	13:12	
Pneumant Aussti	-	0:12	-	6	0:09	133	0:09	-	36:52	-	4	12:16	58	13:18	
Heuschnupfen Ei	-	12:29	-	3	2:54	74	3:45	-	49:21	-	4	15:10	60	17:03	
Heuschnupfen Ai	-	0:07	-	7	0:02	122	0:03	-	49:28	-	4	15:11	58	17:06	
Schlammbowle E	-	2:45	-	5	0:38	87	0:50	-	52:13	-	4	15:49	57	17:55	
Schlammbowle A	-	0:57	-	4	0:15	57	0:23	-	53:10	-	4	16:04	55	18:18	
Sportplatz Mühlb	8.00	4:03	-	4	0:33	82	0:40	8.00	57:13	7:09	4	16:35	69	18:58	