



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

□□□□

□□□□

□□□

| □□□ | □□ 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 | |