



# Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Zaus, André

□□: Arnstadt  
 □□: 49

□□: 8.00 km  
 Sprint

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 58:00

□□: 8.28 km/h  
 □□□□: 7:15 min/km

□□□□□/□□□: 92 (of 292)

□□□□□/□: 77 (of 192)

□□□□□□: 38:15

□□□□□: 13(of 29)

□□□□□□□: 43:19

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	2:58	-	13	1:10	68	1:36	-	2:58	-	13	1:10	68	1:36
Himmelsleiter +	-	4:30	-	10	1:06	58	1:40	-	7:28	-	10	2:11	62	3:16
Nordwand + Dov	-	6:01	-	8	1:00	50	1:36	-	13:29	-	10	3:11	57	4:50
Nordwand + Dov	-	2:13	-	13	0:43	71	0:45	-	15:42	-	10	3:54	58	5:31
Duckmäuser Eins	-	19:49	-	14	5:47	87	7:28	-	35:31	-	12	9:41	64	12:45
Duckmäuser Aus	-	0:27	-	13	0:11	72	0:11	-	35:58	-	12	9:52	65	12:54
Pneumant Einstie	-	0:50	-	10	0:21	65	0:29	-	36:48	-	12	10:11	60	13:20
Pneumant Aussti	-	0:06	-	2	0:02	19	0:03	-	36:54	-	12	10:11	60	13:20
Heuschnupfen Ei	-	12:33	-	12	2:37	79	3:49	-	49:27	-	12	12:48	62	17:09
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	49:33	-	10	12:47	60	17:11
Schlammbowle E	-	2:57	-	16	0:45	114	1:02	-	52:30	-	10	13:32	60	18:12
Schlammbowle A	-	1:16	-	16	0:34	115	0:42	-	53:46	-	10	14:03	59	18:54
Sportplatz Mühlb	8.00	4:14	-	19	0:38	116	0:51	8.00	58:00	7:15	13	14:41	77	19:45