



Helbing King of Cross

Mühlberg / 01.11.2015

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Sascha, Mühlberger

□□□: 1:45:42

□□: Drillout Peppi´s GTTR Laufladen Erfurt Runners □□: 9.08 km/h

□□: 452

□□□□: 6:37 min/km

□□: 16.00 km

□□□□□/□□□: 98 (of 304)

Expert

□□□□□/□: 93 (of 252)

□□□□□□: 1:05:10

□□□□:

□□□□□: 17(of 53)

Senioren M30 (30-34 Jahre)

□□□□□□□: 1:09:26

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|------------------|------|--------|--------|----|------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Himmelsleiter + | - | 3:12 | - | 29 | 2:05 | 148 | 2:10 | - | 3:12 | - | 29 | 2:05 | 148 | 2:10 |
| Himmelsleiter + | - | 4:29 | - | 16 | 1:40 | 89 | 1:57 | - | 7:41 | - | 22 | 3:45 | 123 | 4:07 |
| Nordwand + Dov | - | 5:44 | - | 18 | 1:49 | 99 | 2:01 | - | 13:25 | - | 21 | 5:34 | 117 | 6:08 |
| Nordwand + Dov | - | 1:56 | - | 15 | 0:40 | 84 | 0:47 | - | 15:21 | - | 18 | 6:04 | 110 | 6:53 |
| Duckmäuser Eins | - | 15:46 | - | 8 | 4:28 | 35 | 5:06 | - | 31:07 | - | 10 | 10:32 | 51 | 11:51 |
| Duckmäuser Aus | - | 0:19 | - | 2 | 0:02 | 15 | 0:06 | - | 31:26 | - | 10 | 10:30 | 51 | 11:56 |
| Pneumant Einstie | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - |
| Pneumant Aussti | - | 0:41 | - | 51 | 0:39 | 230 | 0:40 | - | 32:07 | - | 7 | 10:47 | 43 | 12:09 |
| Heuschnupfen Ei | - | 11:02 | - | 9 | 3:07 | 51 | 3:43 | - | 43:09 | - | 7 | 13:54 | 40 | 15:52 |
| Heuschnupfen Ai | - | 0:05 | - | 2 | 0:01 | 8 | 0:01 | - | 43:14 | - | 7 | 13:54 | 39 | 15:53 |
| Schlammbowle E | - | 2:38 | - | 12 | 0:52 | 81 | 0:55 | - | 45:52 | - | 6 | 14:46 | 38 | 16:47 |
| Schlammbowle A | - | 0:57 | - | 11 | 0:21 | 69 | 0:23 | - | 46:49 | - | 6 | 15:07 | 38 | 17:09 |
| Himmelsleiter + | - | 5:08 | - | 32 | 2:07 | 173 | 2:25 | - | 51:57 | - | 7 | 17:14 | 43 | 19:27 |
| Himmelsleiter + | - | 4:53 | - | 27 | 1:50 | 145 | 2:06 | - | 56:50 | - | 8 | 19:04 | 46 | 21:27 |
| Nordwand + Dov | - | 6:46 | - | 23 | 2:36 | 133 | 2:48 | - | 1:03:36 | - | 10 | 21:40 | 48 | 24:12 |
| Nordwand + Dov | - | 1:57 | - | 15 | 0:34 | 84 | 0:53 | - | 1:05:33 | - | 10 | 22:13 | 48 | 24:58 |
| Duckmäuser Eins | - | 17:50 | - | 15 | 5:59 | 78 | 17:33 | - | 1:23:23 | - | 9 | 28:12 | 45 | 31:59 |
| Duckmäuser Aus | - | 0:19 | - | 5 | 0:04 | 24 | 0:08 | - | 1:23:42 | - | 48 | 28:14 | 223 | 32:05 |
| Pneumant Einstie | - | 1:58 | - | 40 | 1:37 | 169 | 1:38 | - | 1:25:40 | - | 46 | 29:51 | 196 | 33:43 |
| Pneumant Aussti | - | 0:04 | - | 4 | 0:02 | 16 | 0:02 | - | 1:25:44 | - | 51 | 29:51 | 245 | 33:45 |
| Heuschnupfen Ei | - | 11:56 | - | 17 | 3:58 | 96 | 4:35 | - | 1:37:40 | - | 9 | 33:49 | 43 | 38:20 |
| Heuschnupfen Ai | - | 0:06 | - | 13 | 0:02 | 58 | 0:02 | - | 1:37:46 | - | 51 | 33:51 | 243 | 38:22 |
| Schlammbowle E | - | 2:45 | - | 20 | 1:04 | 109 | 1:04 | - | 1:40:31 | - | 9 | 34:55 | 42 | 39:25 |
| Schlammbowle A | - | 1:05 | - | 16 | 0:26 | 90 | 0:31 | - | 1:41:36 | - | 8 | 35:21 | 41 | 39:54 |
| Sportplatz Mühlb | 8.00 | 4:06 | - | 33 | 0:55 | 175 | 0:55 | 16.00 | 1:45:42 | 6:36 | 17 | 36:16 | 93 | 40:32 |