



# Helbing King of Cross

Mühlberg / 01.11.2015

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**Mahar, Nadja**

□□: 50 Shades of Match  
 □□: 250

□□: 8.00 km  
 Sprint

□□□□:  
 Seniorinnen W35 (35-39 Jahre)

□□□: 1:22:43

□□: 5.80 km/h  
 □□□□: 10:20 min/km

□□□□□/□□□: 277 (of 292)

□□□□□/□: 89 (of 100)

□□□□□□: 46:25

□□□□□: 20(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:31	-	18	3:12	79	3:21	-	5:31	-	18	3:12	79	3:21
Himmelsleiter +	-	6:57	-	24	3:02	97	3:15	-	12:28	-	21	6:14	89	6:36
Nordwand + Dov	-	10:04	-	21	4:39	94	4:39	-	22:32	-	20	10:53	93	11:09
Nordwand + Dov	-	2:47	-	13	0:51	54	1:16	-	25:19	-	20	11:35	88	12:25
Duckmäuser Eins	-	26:13	-	16	10:12	67	11:03	-	51:32	-	16	21:47	67	23:28
Duckmäuser Aus	-	0:32	-	13	0:11	51	0:14	-	52:04	-	16	21:55	66	23:42
Pneumant Einstie	-	1:42	-	16	1:18	64	1:19	-	53:46	-	15	23:13	59	24:58
Pneumant Aussti	-	0:07	-	1	-	5	0:02	-	53:53	-	15	23:10	59	24:59
Heuschnupfen Ei	-	17:25	-	20	6:35	87	6:51	-	1:11:18	-	16	29:45	60	31:50
Heuschnupfen Ai	-	0:09	-	16	0:04	65	0:04	-	1:11:27	-	16	29:48	58	31:54
Schlammbowle E	-	3:59	-	22	1:30	88	1:32	-	1:15:26	-	16	31:18	57	33:26
Schlammbowle A	-	2:19	-	22	1:32	93	1:36	-	1:17:45	-	16	32:36	57	35:02
Sportplatz Mühlb	8.00	4:58	-	22	1:15	89	1:20	8.00	1:22:43	10:20	20	33:46	89	36:18