



Helbing King of Cross
Mühlberg / 01.11.2015

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Rüdel, Gabriela

□□: Frankenberg

□□: 15

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 1:17:11

□□: 6.22 km/h

□□□□: 9:39 min/km

□□□□□/□□□: 268 (of 292)

□□□□□/□: 85 (of 100)

□□□□□□: 46:25

□□□□□: 2(of 2)

□□□□□□□: 1:17:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:02	-	2	0:03	61	2:52	-	5:02	-	2	0:03	61	2:52	
Himmelsleiter +	-	6:18	-	2	0:14	86	2:36	-	11:20	-	2	0:17	69	5:28	
Nordwand + Dov	-	8:32	-	1	-	84	3:07	-	19:52	-	2	0:11	80	8:29	
Nordwand + Dov	-	3:13	-	2	0:04	87	1:42	-	23:05	-	2	0:15	81	10:11	
Duckmäuser Eins	-	24:09	-	1	-	60	8:59	-	47:14	-	2	0:03	63	19:10	
Duckmäuser Aus	-	0:46	-	2	0:03	70	0:28	-	48:00	-	2	0:06	62	19:38	
Pneumant Einstie	-	1:43	-	1	-	65	1:20	-	49:43	-	1	-	57	20:55	
Pneumant Aussti	-	0:07	-	1	-	5	0:02	-	49:50	-	1	-	57	20:56	
Heuschnupfen Ei	-	16:58	-	2	0:02	86	6:24	-	1:06:48	-	1	-	58	27:20	
Heuschnupfen Ai	-	0:15	-	2	0:07	95	0:10	-	1:07:03	-	1	-	56	27:30	
Schlammbowle E	-	3:38	-	1	-	82	1:11	-	1:10:41	-	1	-	55	28:41	
Schlammbowle A	-	1:56	-	1	-	81	1:13	-	1:12:37	-	1	-	55	29:54	
Sportplatz Mühlb	8.00	4:34	-	1	-	73	0:56	8.00	1:17:11	9:38	2	0:01	85	30:46	