



Helbing King of Cross  
Mühlberg / 01.11.2015

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Erbeck, Anja

□□: 50 Shades of Matsch  
□□: 170

□□: 8.00 km  
Sprint

□□□□:  
Seniorinnen W30 (30-34 Jahre)

□□□: 1:12:33

□□: 6.62 km/h  
□□□□: 9:04 min/km

□□□□□/□□□□: 242 (of 292)

□□□□□/□: 70 (of 100)

□□□□□□: 46:25

□□□□□: 11(of 15)

□□□□□□□: 53:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:50	-	5	1:00	34	1:40	-	3:50	-	5	1:00	34	1:40
Himmelsleiter +	-	5:59	-	10	1:53	70	2:17	-	9:49	-	7	2:53	42	3:57
Nordwand + Dov	-	8:24	-	13	2:16	83	2:59	-	18:13	-	8	5:09	58	6:50
Nordwand + Dov	-	2:53	-	10	0:48	63	1:22	-	21:06	-	8	5:57	57	8:12
Duckmäuser Eins	-	23:30	-	10	5:46	58	8:20	-	44:36	-	8	8:55	50	16:32
Duckmäuser Aus	-	0:32	-	9	0:11	51	0:14	-	45:08	-	8	9:06	49	16:46
Pneumant Einstie	-	1:09	-	8	0:46	41	0:46	-	46:17	-	7	9:14	46	17:29
Pneumant Aussti	-	0:12	-	11	0:06	42	0:07	-	46:29	-	7	9:16	46	17:35
Heuschnupfen Ei	-	16:21	-	12	4:34	81	5:47	-	1:02:50	-	8	13:50	49	23:22
Heuschnupfen Ai	-	0:17	-	14	0:12	96	0:12	-	1:03:07	-	8	14:01	47	23:34
Schlammbowle E	-	3:19	-	10	0:42	59	0:52	-	1:06:26	-	8	14:43	46	24:26
Schlammbowle A	-	1:39	-	13	0:42	63	0:56	-	1:08:05	-	8	14:59	46	25:22
Sportplatz Mühlb	8.00	4:28	-	9	0:31	59	0:50	8.00	1:12:33	9:04	11	18:47	70	26:08