



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Plaschke, Maritta

□□□: 1:01:38

□□: 319

□□: 7.79 km/h

□□□□: 7:42 min/km

□□: 8.00 km

□□□□□/□□□: 135 (of 292)

Sprint

□□□□□/□: 109 (of 192)

□□□□□□: 38:15

□□□□:

□□□□□: 11(of 19)

Senioren M45 (45-49 Jahre)

□□□□□□□: 47:40

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Himmelsleiter +	-	3:30	-	6	1:25	97	2:08	-	3:30	-	6	1:25	97	2:08
Himmelsleiter +	-	5:12	-	9	1:27	103	2:22	-	8:42	-	7	2:52	102	4:30
Nordwand + Dov	-	6:40	-	12	1:05	103	2:15	-	15:22	-	11	3:57	103	6:43
Nordwand + Dov	-	2:34	-	13	0:50	137	1:06	-	17:56	-	11	4:47	103	7:45
Duckmäuser Eins	-	12:22:19	-	10	12:06:37	123	12:09:58	-	12:40:15	-	10	12:10:15	123	12:17:29
Duckmäuser Aus	-	11:58:16	-	14	11:57:55	165	11:58:00	-	24:38:31	-	13	24:08:10	138	24:15:27
Pneumant Einstie	-	0:53	-	10	0:27	66	0:32	-	24:39:24	-	14	24:08:37	139	24:15:56
Pneumant Aussti	-	0:15	-	17	0:10	167	0:12	-	24:39:39	-	15	24:08:46	143	24:16:05
Heuschnupfen Ei	-	13:34	-	11	2:44	117	4:50	-	24:53:13	-	14	24:11:30	142	24:20:55
Heuschnupfen Ai	-	0:06	-	2	0:01	65	0:02	-	24:53:19	-	14	24:11:30	141	24:20:57
Schlammbowle E	-	21:30:50	-	18	21:28:29	188	21:28:55	-	46:24:09	-	19	45:39:59	189	45:49:51
Schlammbowle A	-	2:33:22	-	18	2:32:36	190	2:32:48	-	48:57:31	-	19	48:12:35	191	48:22:39
Sportplatz Mühlb	8.00	4:07	-	7	0:25	97	0:44	8.00	1:01:38	7:42	11	13:58	109	23:23