



Helbing King of Cross
Mühlberg / 01.11.2015

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Schmidt, Kathleen

□□: Coburg Locals / RunningBros

□□: 227

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 1:07:14

□□: 7.14 km/h

□□□□: 8:24 min/km

□□□□□/□□□: 193 (of 292)

□□□□□/□: 47 (of 100)

□□□□□□: 46:25

□□□□□: 10(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	5:15	-	13	2:56	66	3:05	-	5:15	-	13	2:56	66	3:05
Himmelsleiter +	-	5:54	-	13	1:59	62	2:12	-	11:09	-	12	4:55	65	5:17
Nordwand + Dov	-	8:16	-	17	2:51	77	2:51	-	19:25	-	17	7:46	72	8:02
Nordwand + Dov	-	3:19	-	21	1:23	90	1:48	-	22:44	-	17	9:00	76	9:50
Duckmäuser Eins	-	20:30	-	8	4:29	26	5:20	-	43:14	-	11	13:29	46	15:10
Duckmäuser Aus	-	0:32	-	13	0:11	51	0:14	-	43:46	-	11	13:37	46	15:24
Pneumant Einstie	-	1:14	-	10	0:50	43	0:51	-	45:00	-	11	14:27	41	16:12
Pneumant Aussti	-	0:13	-	12	0:06	50	0:08	-	45:13	-	11	14:30	42	16:19
Heuschnupfen Ei	-	13:23	-	8	2:33	27	2:49	-	58:36	-	11	17:03	36	19:08
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	58:43	-	11	17:04	35	19:10
Schlammbowle E	-	2:54	-	6	0:25	27	0:27	-	1:01:37	-	10	17:29	33	19:37
Schlammbowle A	-	1:23	-	10	0:36	36	0:40	-	1:03:00	-	10	17:51	33	20:17
Sportplatz Mühlb	8.00	4:14	-	9	0:31	39	0:36	8.00	1:07:14	8:24	10	18:17	47	20:49