



# Helbing King of Cross

Mühlberg / 01.11.2015

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Tezel, Rebekka

□□: Coburg Locals / RunningBros

□□: 229

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 1:02:09

□□: 7.72 km/h

□□□□: 7:46 min/km

□□□□□/□□□: 142 (of 292)

□□□□□/□: 28 (of 100)

□□□□□□: 46:25

□□□□□: 4(of 9)

□□□□□□□: 57:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:00	-	5	0:52	42	1:50	-	4:00	-	5	0:52	42	1:50
Himmelsleiter +	-	5:31	-	5	0:55	35	1:49	-	9:31	-	5	1:47	36	3:39
Nordwand + Dov	-	6:44	-	5	0:38	30	1:19	-	16:15	-	5	1:58	36	4:52
Nordwand + Dov	-	2:36	-	4	0:40	35	1:05	-	18:51	-	5	2:38	37	5:57
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	21:16	-	8	20:39	90	20:53	-	40:07	-	9	4:02	95	11:19
Pneumant Aussti	-	0:14	-	5	0:04	64	0:09	-	40:21	-	10	3:59	101	11:27
Heuschnupfen Ei	-	13:18	-	4	0:35	26	2:44	-	53:39	-	10	4:34	100	14:11
Heuschnupfen Ai	-	0:10	-	5	0:04	81	0:05	-	53:49	-	8	2:23	99	14:16
Schlammbowle E	-	2:53	-	4	0:13	25	0:26	-	56:42	-	10	2:29	99	14:42
Schlammbowle A	-	1:28	-	6	0:23	46	0:45	-	58:10	-	10	2:44	101	15:27
Sportplatz Mühlb	8.00	3:59	-	3	0:09	14	0:21	8.00	1:02:09	7:46	4	4:31	28	15:44