



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Scheler-Zschauer, Doreen

□□: Coburg Locals / RunningBros

□□: 240

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 1:07:14

□□: 7.14 km/h

□□□□: 8:24 min/km

□□□□□/□□□: 194 (of 292)

□□□□□/□: 47 (of 100)

□□□□□□: 46:25

□□□□□: 6(of 9)

□□□□□□□: 57:38

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	5:17	-	8	2:09	71	3:07	-	5:17	-	8	2:09	71	3:07
Himmelsleiter +	-	6:10	-	8	1:34	80	2:28	-	11:27	-	8	3:43	72	5:35
Nordwand + Dov	-	7:50	-	7	1:44	66	2:25	-	19:17	-	8	5:00	69	7:54
Nordwand + Dov	-	3:05	-	7	1:09	76	1:34	-	22:22	-	8	6:09	71	9:28
Duckmäuser Eins	-	20:54	-	4	2:13	32	5:44	-	43:16	-	5	8:13	47	15:12
Duckmäuser Aus	-	0:20	-	1	-	2	0:02	-	43:36	-	5	8:08	45	15:14
Pneumant Einstie	-	1:24	-	5	0:47	52	1:01	-	45:00	-	5	8:55	41	16:12
Pneumant Aussti	-	0:10	-	1	-	22	0:05	-	45:10	-	5	8:48	41	16:16
Heuschnupfen Ei	-	13:26	-	5	0:43	28	2:52	-	58:36	-	4	9:31	36	19:08
Heuschnupfen Ai	-	0:10	-	5	0:04	81	0:05	-	58:46	-	3	7:20	36	19:13
Schlammbowle E	-	2:50	-	3	0:10	18	0:23	-	1:01:36	-	3	7:23	32	19:36
Schlammbowle A	-	1:23	-	4	0:18	36	0:40	-	1:02:59	-	3	7:33	32	20:16
Sportplatz Mühlb	8.00	4:15	-	6	0:25	43	0:37	8.00	1:07:14	8:24	6	9:36	47	20:49