



Helbing King of Cross

Mühlberg / 01.11.2015

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Köppl, Nicole

□□: Coburg Locals / RunningBros

□□: 220

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 1:13:00

□□: 6.58 km/h

□□□□: 9:07 min/km

□□□□□/□□□: 246 (of 292)

□□□□□/□: 72 (of 100)

□□□□□□: 46:25

□□□□□: 12(of 15)

□□□□□□□: 53:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	5:25	-	11	2:35	76	3:15	-	5:25	-	11	2:35	76	3:15
Himmelsleiter +	-	6:13	-	11	2:07	84	2:31	-	11:38	-	10	4:42	79	5:46
Nordwand + Dov	-	7:54	-	10	1:46	68	2:29	-	19:32	-	10	6:28	74	8:09
Nordwand + Dov	-	2:55	-	11	0:50	66	1:24	-	22:27	-	10	7:18	73	9:33
Duckmäuser Eins	-	23:00	-	9	5:16	54	7:50	-	45:27	-	9	9:46	56	17:23
Duckmäuser Aus	-	0:38	-	11	0:17	66	0:20	-	46:05	-	9	10:03	55	17:43
Pneumant Einstie	-	2:17	-	12	1:54	78	1:54	-	48:22	-	9	11:19	52	19:34
Pneumant Aussti	-	0:06	-	1	-	2	0:01	-	48:28	-	9	11:15	51	19:34
Heuschnupfen Ei	-	15:07	-	10	3:20	61	4:33	-	1:03:35	-	9	14:35	51	24:07
Heuschnupfen Ai	-	0:09	-	11	0:04	65	0:04	-	1:03:44	-	9	14:38	49	24:11
Schlammbowle E	-	3:27	-	12	0:50	70	1:00	-	1:07:11	-	9	15:28	47	25:11
Schlammbowle A	-	1:31	-	10	0:34	53	0:48	-	1:08:42	-	9	15:36	47	25:59
Sportplatz Mühlb	8.00	4:18	-	7	0:21	47	0:40	8.00	1:13:00	9:07	12	19:14	72	26:35