



Helbing King of Cross

Mühlberg / 01.11.2015

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Gohle, Katrin

□□: Sport Fundgrube Rudolstadt
 □□: 443

□□: 16.00 km
 Expert

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:18:26

□□: 6.93 km/h
 □□□□: 8:39 min/km

□□□□□/□□□□: 274 (of 304)

□□□□□/□: 36 (of 52)

□□□□□□: 1:26:55

□□□□□: 8(of 9)

□□□□□□□: 1:30:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	4:59	-	8	2:58	41	2:58	-	4:59	-	8	2:58	41	2:58
Himmelsleiter +	-	5:31	-	6	2:00	28	2:00	-	10:30	-	8	4:58	38	4:58
Nordwand + Dov	-	7:14	-	8	2:03	36	2:14	-	17:44	-	8	7:01	38	7:02
Nordwand + Dov	-	2:25	-	5	0:46	21	0:49	-	20:09	-	8	7:47	37	7:48
Duckmäuser Eins	-	21:58	-	5	6:30	21	7:57	-	42:07	-	6	13:05	22	15:45
Duckmäuser Aus	-	0:31	-	5	0:07	17	0:12	-	42:38	-	6	13:10	22	15:55
Pneumant Einstie	-	1:02	-	5	0:44	16	0:44	-	43:40	-	6	13:45	22	16:26
Pneumant Aussti	-	0:15	-	8	0:08	36	0:11	-	43:55	-	6	13:48	22	16:34
Heuschnupfen Ei	-	14:54	-	7	4:56	33	5:03	-	58:49	-	6	17:56	22	21:37
Heuschnupfen Ai	-	0:08	-	4	0:03	24	0:03	-	58:57	-	5	17:58	21	21:39
Schlammbowle E	-	3:19	-	6	0:49	35	1:04	-	1:02:16	-	4	18:47	20	22:43
Schlammbowle A	-	1:29	-	6	0:36	24	0:36	-	1:03:45	-	5	19:23	19	23:15
Himmelsleiter +	-	5:58	-	7	1:48	34	2:20	-	1:09:43	-	5	21:11	21	25:35
Himmelsleiter +	-	6:01	-	8	1:55	38	2:07	-	1:15:44	-	5	23:03	21	27:42
Nordwand + Dov	-	8:27	-	8	2:52	36	3:17	-	1:24:11	-	5	25:55	21	30:59
Nordwand + Dov	-	2:41	-	7	1:02	34	1:06	-	1:26:52	-	5	26:42	21	32:05
Duckmäuser Eins	-	23:57	-	7	8:25	29	9:13	-	1:50:49	-	5	34:19	20	41:18
Duckmäuser Aus	-	0:28	-	6	0:11	17	0:11	-	1:51:17	-	5	34:21	20	41:25
Pneumant Einstie	-	1:07	-	3	0:42	10	0:42	-	1:52:24	-	5	35:01	19	41:58
Pneumant Aussti	-	0:09	-	3	0:03	10	0:03	-	1:52:33	-	5	34:59	19	42:01
Heuschnupfen Ei	-	15:54	-	7	5:19	35	6:14	-	2:08:27	-	5	40:11	19	48:15
Heuschnupfen Ai	-	0:10	-	9	0:04	36	0:05	-	2:08:37	-	5	40:15	19	48:19
Schlammbowle E	-	3:33	-	6	1:07	34	1:25	-	2:12:10	-	5	41:22	18	49:44
Schlammbowle A	-	1:42	-	7	0:33	31	0:48	-	2:13:52	-	5	41:55	18	50:32
Sportplatz Mühlb	8.00	4:34	-	8	0:50	40	0:59	16.00	2:18:26	8:39	8	47:45	36	51:31