



Helbing King of Cross
Mühlberg / 01.11.2015

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Büchner, Nadine

□□: Arnstadt OT Dosdorf

□□: 154

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 1:07:35

□□: 7.10 km/h

□□□□: 8:27 min/km

□□□□□/□□□: 199 (of 292)

□□□□□/□: 51 (of 100)

□□□□□□: 46:25

□□□□□: 12(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:38	-	19	3:19	84	3:28	-	5:38	-	19	3:19	84	3:28
Himmelsleiter +	-	5:52	-	12	1:57	58	2:10	-	11:30	-	15	5:16	73	5:38
Nordwand + Dov	-	7:32	-	11	2:07	53	2:07	-	19:02	-	13	7:23	67	7:39
Nordwand + Dov	-	2:49	-	14	0:53	59	1:18	-	21:51	-	13	8:07	66	8:57
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	21:56	-	21	21:35	83	21:38	-	43:47	-	23	13:38	92	15:25
Pneumant Einstie	-	0:57	-	8	0:33	30	0:34	-	44:44	-	26	14:11	95	15:56
Pneumant Aussti	-	0:11	-	8	0:04	34	0:06	-	44:55	-	26	14:12	101	16:01
Heuschnupfen Ei	-	13:55	-	10	3:05	38	3:21	-	58:50	-	26	17:17	100	19:22
Heuschnupfen Ai	-	0:08	-	14	0:03	51	0:03	-	58:58	-	26	17:19	99	19:25
Schlammbowle E	-	3:08	-	12	0:39	51	0:41	-	1:02:06	-	26	17:58	99	20:06
Schlammbowle A	-	1:17	-	7	0:30	27	0:34	-	1:03:23	-	26	18:14	101	20:40
Sportplatz Mühlb	8.00	4:12	-	8	0:29	34	0:34	8.00	1:07:35	8:26	12	18:38	51	21:10