



Helbing King of Cross

Mühlberg / 01.11.2015

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Vogel, Birgit

□□: Krayenberg-Schnecken
 □□: 267

□□: 8.00 km
 Sprint

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 1:05:17

□□: 7.35 km/h
 □□□□: 8:10 min/km

□□□□□/□□□: 174 (of 292)

□□□□□/□: 36 (of 100)

□□□□□□: 46:25

□□□□□: 2(of 3)

□□□□□□□: 1:00:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:41	-	2	0:17	28	1:31	-	3:41	-	2	0:17	28	1:31	
Himmelsleiter +	-	5:13	-	1	-	21	1:31	-	8:54	-	2	0:14	24	3:02	
Nordwand + Dov	-	6:40	-	1	-	27	1:15	-	15:34	-	2	0:02	22	4:11	
Nordwand + Dov	-	2:36	-	2	0:11	35	1:05	-	18:10	-	2	0:13	23	5:16	
Duckmäuser Eins	-	21:21	-	1	-	35	6:11	-	39:31	-	1	-	27	11:27	
Duckmäuser Aus	-	0:35	-	1	-	61	0:17	-	40:06	-	1	-	27	11:44	
Pneumant Einstie	-	1:27	-	1	-	54	1:04	-	41:33	-	1	-	27	12:45	
Pneumant Aussti	-	0:16	-	2	0:03	76	0:11	-	41:49	-	1	-	27	12:55	
Heuschnupfen Ei	-	14:20	-	2	1:29	47	3:46	-	56:09	-	1	-	29	16:41	
Heuschnupfen Ai	-	0:07	-	1	-	22	0:02	-	56:16	-	1	-	28	16:43	
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Schlammbowle A	-	4:47	-	3	3:18	99	4:04	-	1:01:03	-	4		27	18:20	
Sportplatz Mühlb	8.00	4:14	-	2	0:06	39	0:36	8.00	1:05:17	8:09	2	4:49	36	18:52	