



Helbing King of Cross  
Mühlberg / 01.11.2015

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Lask, Annemarie

□□: Dream Team  
□□: 46

□□: 8.00 km  
Sprint

□□□□:  
Frauen (20-29 Jahre)

□□□: 1:06:24

□□: 7.23 km/h  
□□□□: 8:18 min/km

□□□□□/□□□: 184 (of 292)

□□□□□/□: 43 (of 100)

□□□□□□: 46:25

□□□□□: 11(of 26)

□□□□□□□: 54:41

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| Himmelsleiter +  | -        | 4:37     | -            | 13      | 1:47    | 53      | 2:27    | -    | 4:37      | -         | 13            | 1:47    | 53      | 2:27    |         |
| Himmelsleiter +  | -        | 5:35     | -            | 8       | 1:08    | 37      | 1:53    | -    | 10:12     | -         | 13            | 2:55    | 48      | 4:20    |         |
| Nordwand + Dov   | -        | 7:32     | -            | 17      | 1:32    | 53      | 2:07    | -    | 17:44     | -         | 13            | 3:58    | 47      | 6:21    |         |
| Nordwand + Dov   | -        | 2:26     | -            | 6       | 0:15    | 22      | 0:55    | -    | 20:10     | -         | 11            | 4:13    | 44      | 7:16    |         |
| Duckmäuser Eins  | -        | 21:37    | -            | 10      | 4:13    | 38      | 6:27    | -    | 41:47     | -         | 9             | 8:26    | 34      | 13:43   |         |
| Duckmäuser Aus   | -        | 0:25     | -            | 4       | 0:01    | 18      | 0:07    | -    | 42:12     | -         | 8             | 8:24    | 33      | 13:50   |         |
| Pneumant Einstie | -        | 0:56     | -            | 11      | 0:24    | 29      | 0:33    | -    | 43:08     | -         | 8             | 8:28    | 31      | 14:20   |         |
| Pneumant Aussti  | -        | 0:07     | -            | 2       | 0:02    | 5       | 0:02    | -    | 43:15     | -         | 8             | 8:25    | 31      | 14:21   |         |
| Heuschnupfen Ei  | -        | 14:12    | -            | 11      | 2:15    | 45      | 3:38    | -    | 57:27     | -         | 8             | 10:30   | 31      | 17:59   |         |
| Heuschnupfen Ai  | -        | 0:06     | -            | 3       | 0:01    | 7       | 0:01    | -    | 57:33     | -         | 8             | 10:31   | 30      | 18:00   |         |
| Schlammbowle E   | -        | 3:05     | -            | 13      | 0:30    | 44      | 0:38    | -    | 1:00:38   | -         | 8             | 10:58   | 29      | 18:38   |         |
| Schlammbowle A   | -        | 1:26     | -            | 11      | 0:25    | 42      | 0:43    | -    | 1:02:04   | -         | 8             | 11:16   | 29      | 19:21   |         |
| Sportplatz Mühlb | 8.00     | 4:20     | -            | 16      | 0:27    | 53      | 0:42    | 8.00 | 1:06:24   | 8:18      | 11            | 11:43   | 43      | 19:59   |         |