



Helbing King of Cross

Mühlberg / 01.11.2015

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Noth, Christiane

□□: Gotha
 □□: 455

□□: 16.00 km
 Expert

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:02:30

□□: 7.84 km/h
 □□□□: 7:40 min/km

□□□□□/□□□□: 199 (of 304)

□□□□□/□: 17 (of 52)

□□□□□□: 1:26:55

□□□□□: 8(of 11)

□□□□□□□: 1:26:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:47	-	8	1:46	20	1:46	-	3:47	-	8	1:46	20	1:46	
Himmelsleiter +	-	5:09	-	7	1:34	15	1:38	-	8:56	-	8	3:14	18	3:24	
Nordwand + Dov	-	6:45	-	8	1:45	24	1:45	-	15:41	-	8	4:59	20	4:59	
Nordwand + Dov	-	2:30	-	9	0:51	32	0:54	-	18:11	-	8	5:50	21	5:50	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	20:07	-	10	19:46	40	19:48	-	38:18	-	12	11:35	48	11:35	
Pneumant Einstie	-	0:51	-	4	0:25	8	0:33	-	39:09	-	11	11:55	49	11:55	
Pneumant Aussti	-	0:13	-	7	0:08	27	0:09	-	39:22	-	12	12:01	53	12:01	
Heuschnupfen Ei	-	13:45	-	7	3:54	25	3:54	-	53:07	-	12	15:55	52	15:55	
Heuschnupfen Ai	-	0:08	-	7	0:02	24	0:03	-	53:15	-	12	15:57	52	15:57	
Schlammbowle E	-	3:01	-	8	0:46	16	0:46	-	56:16	-	12	16:43	49	16:43	
Schlammbowle A	-	1:18	-	6	0:25	10	0:25	-	57:34	-	12	17:04	51	17:04	
Himmelsleiter +	-	5:00	-	6	1:22	16	1:22	-	1:02:34	-	11	18:26	51	18:26	
Himmelsleiter +	-	5:07	-	8	1:13	17	1:13	-	1:07:41	-	11	19:39	51	19:39	
Nordwand + Dov	-	7:15	-	8	2:05	20	2:05	-	1:14:56	-	11	21:44	51	21:44	
Nordwand + Dov	-	2:27	-	8	0:52	28	0:52	-	1:17:23	-	11	22:36	51	22:36	
Duckmäuser Eins	-	20:28	-	6	5:44	13	5:44	-	1:37:51	-	10	28:20	42	28:20	
Duckmäuser Aus	-	0:25	-	6	0:04	11	0:08	-	1:38:16	-	11	28:24	50	28:24	
Pneumant Einstie	-	1:16	-	6	0:42	15	0:51	-	1:39:32	-	11	29:06	47	29:06	
Pneumant Aussti	-	0:09	-	7	0:03	10	0:03	-	1:39:41	-	11	29:09	51	29:09	
Heuschnupfen Ei	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Heuschnupfen Ai	-	14:13	-	10	14:08	50	14:08	-	1:53:54	-	11	33:36	51	33:36	
Schlammbowle E	-	3:02	-	6	0:54	14	0:54	-	1:56:56	-	11	34:30	47	34:30	
Schlammbowle A	-	1:20	-	8	0:26	15	0:26	-	1:58:16	-	11	34:56	51	34:56	
Sportplatz Mühlb	8.00	4:14	-	8	0:39	27	0:39	16.00	2:02:30	7:39	8	35:35	17	35:35	