



Helbing King of Cross  
Mühlberg / 01.11.2015

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Wiegand, Lisa

□□: Ilmenau  
□□: 179

□□: 8.00 km  
Sprint

□□□□:  
Frauen (20-29 Jahre)

□□□: 1:12:15

□□: 6.64 km/h  
□□□□: 9:02 min/km

□□□□□/□□□: 241 (of 292)

□□□□□/□: 69 (of 100)

□□□□□□: 46:25

□□□□□: 21(of 26)

□□□□□□□: 54:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□□ -	□□□ □	□□□ □		
Himmelsleiter +	-	5:31	-	22	2:41	79	3:21	-	5:31	-	22	2:41	79	3:21
Himmelsleiter +	-	5:54	-	19	1:27	62	2:12	-	11:25	-	21	4:08	71	5:33
Nordwand + Dov	-	8:01	-	23	2:01	73	2:36	-	19:26	-	22	5:40	73	8:03
Nordwand + Dov	-	2:44	-	14	0:33	47	1:13	-	22:10	-	21	6:13	68	9:16
Duckmäuser Eins	-	23:12	-	16	5:48	55	8:02	-	45:22	-	15	12:01	54	17:18
Duckmäuser Aus	-	0:33	-	15	0:09	55	0:15	-	45:55	-	14	12:07	53	17:33
Pneumant Einstie	-	0:58	-	12	0:26	31	0:35	-	46:53	-	14	12:13	48	18:05
Pneumant Aussti	-	0:15	-	20	0:10	73	0:10	-	47:08	-	14	12:18	48	18:14
Heuschnupfen Ei	-	15:29	-	19	3:32	69	4:55	-	1:02:37	-	14	15:40	48	23:09
Heuschnupfen Ai	-	0:07	-	10	0:02	22	0:02	-	1:02:44	-	14	15:42	46	23:11
Schlammbowle E	-	3:20	-	19	0:45	60	0:53	-	1:06:04	-	14	16:24	45	24:04
Schlammbowle A	-	1:43	-	19	0:42	66	1:00	-	1:07:47	-	14	16:59	45	25:04
Sportplatz Mühlb	8.00	4:28	-	21	0:35	59	0:50	8.00	1:12:15	9:01	21	17:34	69	25:50