



Helbing King of Cross

Mühlberg / 01.11.2015

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Pikarski, Jessica

□□: Team Kyffhäuser
 □□: 362

□□: 16.00 km
 Expert

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:07:00

□□: 7.56 km/h
 □□□□: 7:56 min/km

□□□□□/□□□□: 234 (of 304)

□□□□□/□: 24 (of 52)

□□□□□□: 1:26:55

□□□□□: 5(of 9)

□□□□□□□: 1:30:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	3:28	-	3	1:27	16	1:27	-	3:28	-	3	1:27	16	1:27
Himmelsleiter +	-	5:14	-	3	1:43	16	1:43	-	8:42	-	3	3:10	16	3:10
Nordwand + Dov	-	6:46	-	5	1:35	25	1:46	-	15:28	-	4	4:45	18	4:46
Nordwand + Dov	-	2:29	-	7	0:50	26	0:53	-	17:57	-	4	5:35	18	5:36
Duckmäuser Eins	-	19:57	-	4	4:29	14	5:56	-	37:54	-	3	8:52	10	11:32
Duckmäuser Aus	-	0:29	-	4	0:05	13	0:10	-	38:23	-	3	8:55	10	11:40
Pneumant Einstie	-	1:02	-	5	0:44	16	0:44	-	39:25	-	3	9:30	9	12:11
Pneumant Aussti	-	0:08	-	2	0:01	8	0:04	-	39:33	-	3	9:26	9	12:12
Heuschnupfen Ei	-	13:59	-	5	4:01	30	4:08	-	53:32	-	3	12:39	12	16:20
Heuschnupfen Ai	-	0:08	-	4	0:03	24	0:03	-	53:40	-	3	12:41	12	16:22
Schlammbowle E	-	3:09	-	3	0:39	24	0:54	-	56:49	-	2	13:20	11	17:16
Schlammbowle A	-	1:20	-	2	0:27	13	0:27	-	58:09	-	2	13:47	11	17:39
Himmelsleiter +	-	5:08	-	5	0:58	20	1:30	-	1:03:17	-	3	14:45	12	19:09
Himmelsleiter +	-	5:22	-	5	1:16	22	1:28	-	1:08:39	-	3	15:58	12	20:37
Nordwand + Dov	-	7:40	-	5	2:05	26	2:30	-	1:16:19	-	3	18:03	12	23:07
Nordwand + Dov	-	2:35	-	5	0:56	32	1:00	-	1:18:54	-	3	18:44	12	24:07
Duckmäuser Eins	-	21:50	-	5	6:18	23	7:06	-	1:40:44	-	3	24:14	12	31:13
Duckmäuser Aus	-	0:38	-	9	0:21	31	0:21	-	1:41:22	-	3	24:26	12	31:30
Pneumant Einstie	-	1:30	-	7	1:05	25	1:05	-	1:42:52	-	3	25:29	12	32:26
Pneumant Aussti	-	0:10	-	5	0:04	17	0:04	-	1:43:02	-	3	25:28	12	32:30
Heuschnupfen Ei	-	14:51	-	5	4:16	27	5:11	-	1:57:53	-	3	29:37	12	37:41
Heuschnupfen Ai	-	0:08	-	4	0:02	23	0:03	-	1:58:01	-	3	29:39	12	37:43
Schlammbowle E	-	3:19	-	4	0:53	28	1:11	-	2:01:20	-	3	30:32	11	38:54
Schlammbowle A	-	1:26	-	5	0:17	22	0:32	-	2:02:46	-	3	30:49	11	39:26
Sportplatz Mühlb	8.00	4:14	-	6	0:30	27	0:39	16.00	2:07:00	7:56	5	36:19	24	40:05