



Helbing King of Cross

Mühlberg / 01.11.2015

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Müller, Sylva

00: AC Apolda
00: 371

00: 16.00 km
Expert

0000:
Seniorinnen W50 (50-54 Jahre)

000: 2:14:13

00: 7.15 km/h
0000: 8:23 min/km

00000/0000: 264 (of 304)

00000/0: 32 (of 52)

000000: 1:26:55

00000: 1(of 2)

0000000: 2:14:13

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000	00 km	00 min/km	00 -	00 -	00 0	00 0	000 km	000 min/km	00 -	00 -	00 0	00 0		
Himmelsleiter +	-	4:36	-	1	-	32	2:35	-	4:36	-	1	-	32	2:35
Himmelsleiter +	-	5:44	-	2	0:01	38	2:13	-	10:20	-	1	-	32	4:48
Nordwand + Dov	-	6:52	-	1	-	30	1:52	-	17:12	-	1	-	33	6:30
Nordwand + Dov	-	2:45	-	2	0:07	42	1:09	-	19:57	-	1	-	34	7:36
Duckmäuser Eins	-	21:52	-	1	-	19	7:51	-	41:49	-	1	-	19	15:27
Duckmäuser Aus	-	0:29	-	1	-	13	0:10	-	42:18	-	1	-	19	15:35
Pneumant Einstie	-	1:07	-	2	0:01	23	0:49	-	43:25	-	1	-	19	16:11
Pneumant Aussti	-	0:12	-	1	-	23	0:08	-	43:37	-	1	-	19	16:16
Heuschnupfen Ei	-	15:10	-	2	0:08	38	5:19	-	58:47	-	1	-	19	21:35
Heuschnupfen Ai	-	0:09	-	1	-	36	0:04	-	58:56	-	1	-	19	21:38
Schlammbowle E	-	3:15	-	1	-	30	1:00	-	1:02:11	-	1	-	18	22:38
Schlammbowle A	-	1:39	-	1	-	33	0:46	-	1:03:50	-	1	-	20	23:20
Himmelsleiter +	-	5:37	-	1	-	30	1:59	-	1:09:27	-	1	-	18	25:19
Himmelsleiter +	-	5:51	-	1	-	32	1:57	-	1:15:18	-	1	-	18	27:16
Nordwand + Dov	-	7:58	-	2	0:01	29	2:48	-	1:23:16	-	1	-	18	30:04
Nordwand + Dov	-	2:46	-	1	-	36	1:11	-	1:26:02	-	1	-	18	31:15
Duckmäuser Eins	-	21:27	-	1	-	19	6:43	-	1:47:29	-	1	-	17	37:58
Duckmäuser Aus	-	0:28	-	1	-	17	0:11	-	1:47:57	-	1	-	17	38:05
Pneumant Einstie	-	1:54	-	1	-	33	1:29	-	1:49:51	-	1	-	17	39:25
Pneumant Aussti	-	0:10	-	1	-	17	0:04	-	1:50:01	-	1	-	17	39:29
Heuschnupfen Ei	-	15:03	-	2	0:04	31	5:23	-	2:05:04	-	1	-	17	44:52
Heuschnupfen Ai	-	0:09	-	2	0:02	30	0:04	-	2:05:13	-	1	-	17	44:55
Schlammbowle E	-	3:14	-	1	-	25	1:06	-	2:08:27	-	1	-	16	46:01
Schlammbowle A	-	1:35	-	1	-	27	0:41	-	2:10:02	-	1	-	16	46:42
Sportplatz Mühlb	8.00	4:11	-	2	0:04	24	0:36	16.00	2:14:13	8:23	1	-	32	47:18