



Helbing King of Cross
Mühlberg / 01.11.2015

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Stein, Sabrina

00: Crossfit
00: 22

00: 8.00 km
Sprint

0000:
Seniorinnen W35 (35-39 Jahre)

000: 1:11:43

00: 6.69 km/h
0000: 8:58 min/km

00000/0000: 235 (of 292)

00000/0: 66 (of 100)

000000: 46:25

00000: 14(of 25)

0000000: 48:57

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
Himmelsleiter +	-	4:14	-	10	1:55	46	2:04	-	4:14	-	10	1:55	46	2:04
Himmelsleiter +	-	6:01	-	17	2:06	72	2:19	-	10:15	-	10	4:01	50	4:23
Nordwand + Dov	-	8:10	-	16	2:45	75	2:45	-	18:25	-	11	6:46	62	7:02
Nordwand + Dov	-	2:44	-	10	0:48	47	1:13	-	21:09	-	10	7:25	59	8:15
Duckmäuser Eins	-	23:37	-	14	7:36	59	8:27	-	44:46	-	12	15:01	51	16:42
Duckmäuser Aus	-	0:29	-	8	0:08	35	0:11	-	45:15	-	12	15:06	50	16:53
Pneumant Einstie	-	1:17	-	11	0:53	44	0:54	-	46:32	-	12	15:59	47	17:44
Pneumant Aussti	-	0:08	-	2	0:01	9	0:03	-	46:40	-	12	15:57	47	17:46
Heuschnupfen Ei	-	15:28	-	16	4:38	68	4:54	-	1:02:08	-	12	20:35	46	22:40
Heuschnupfen Ai	-	0:08	-	14	0:03	51	0:03	-	1:02:16	-	12	20:37	44	22:43
Schlammbowle E	-	3:28	-	15	0:59	75	1:01	-	1:05:44	-	12	21:36	43	23:44
Schlammbowle A	-	1:29	-	13	0:42	50	0:46	-	1:07:13	-	12	22:04	43	24:30
Sportplatz Mühlb	8.00	4:30	-	13	0:47	65	0:52	8.00	1:11:43	8:57	14	22:46	66	25:18