



Helbing King of Cross
Mühlberg / 01.11.2015

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Quittschalle, Katrin

□□: Sportklinik Erfurt

□□: 133

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 1:11:17

□□: 6.73 km/h

□□□□: 8:55 min/km

□□□□□/□□□: 229 (of 292)

□□□□□/□: 62 (of 100)

□□□□□□: 46:25

□□□□□: 7(of 9)

□□□□□□□: 57:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□□ -	□□□ □	□□□ □		
Himmelsleiter +	-	4:56	-	7	1:48	59	2:46	-	4:56	-	7	1:48	59	2:46
Himmelsleiter +	-	5:36	-	6	1:00	38	1:54	-	10:32	-	7	2:48	54	4:40
Nordwand + Dov	-	6:20	-	2	0:14	11	0:55	-	16:52	-	6	2:35	41	5:29
Nordwand + Dov	-	2:49	-	6	0:53	59	1:18	-	19:41	-	6	3:28	41	6:47
Duckmäuser Eins	-	21:25	-	5	2:44	36	6:15	-	41:06	-	4	6:03	33	13:02
Duckmäuser Aus	-	0:28	-	5	0:08	33	0:10	-	41:34	-	4	6:06	32	13:12
Pneumant Einstie	-	2:57	-	7	2:20	87	2:34	-	44:31	-	4	8:26	38	15:43
Pneumant Aussti	-	0:14	-	5	0:04	64	0:09	-	44:45	-	4	8:23	39	15:51
Heuschnupfen Ei	-	15:30	-	7	2:47	70	4:56	-	1:00:15	-	5	11:10	42	20:47
Heuschnupfen Ai	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Schlammbowle E	-	3:27	-	8	0:47	70	1:00	-	1:03:42	-	10	9:29	99	21:42
Schlammbowle A	-	1:53	-	8	0:48	78	1:10	-	1:05:35	-	10	10:09	101	22:52
Sportplatz Mühlb	8.00	5:42	-	9	1:52	100	2:04	8.00	1:11:17	8:54	7	13:39	62	24:52