



Helbing King of Cross

Mühlberg / 01.11.2015

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Smuda, Anne

□□: Laufwunder
 □□: 237

□□: 8.00 km
 Sprint

□□□□:
 Frauen (20-29 Jahre)

□□□: 1:16:19

□□: 6.29 km/h
 □□□□: 9:32 min/km

□□□□□/□□□: 261 (of 292)

□□□□□/□: 83 (of 100)

□□□□□□: 46:25

□□□□□: 26(of 26)

□□□□□□□: 54:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:45	-	24	2:55	85	3:35	-	5:45	-	24	2:55	85	3:35
Himmelsleiter +	-	5:56	-	20	1:29	66	2:14	-	11:41	-	24	4:24	80	5:49
Nordwand + Dov	-	7:53	-	21	1:53	67	2:28	-	19:34	-	24	5:48	77	8:11
Nordwand + Dov	-	3:13	-	24	1:02	87	1:42	-	22:47	-	24	6:50	78	9:53
Duckmäuser Eins	-	24:15	-	19	6:51	62	9:05	-	47:02	-	18	13:41	60	18:58
Duckmäuser Aus	-	0:27	-	8	0:03	26	0:09	-	47:29	-	17	13:41	59	19:07
Pneumant Einstie	-	2:19	-	24	1:47	79	1:56	-	49:48	-	18	15:08	58	21:00
Pneumant Aussti	-	0:13	-	14	0:08	50	0:08	-	50:01	-	18	15:11	58	21:07
Heuschnupfen Ei	-	16:16	-	24	4:19	79	5:42	-	1:06:17	-	18	19:20	57	26:49
Heuschnupfen Ai	-	0:08	-	19	0:03	51	0:03	-	1:06:25	-	18	19:23	55	26:52
Schlammbowle E	-	3:22	-	21	0:47	62	0:55	-	1:09:47	-	18	20:07	54	27:47
Schlammbowle A	-	1:51	-	20	0:50	72	1:08	-	1:11:38	-	17	20:50	53	28:55
Sportplatz Mühlb	8.00	4:41	-	24	0:48	78	1:03	8.00	1:16:19	9:32	26	21:38	83	29:54