



# Helbing King of Cross

Mühlberg / 01.11.2015

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Rau, Antje

□□: Coburg Locals / RunningBros

□□: 215

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 1:07:21

□□: 7.13 km/h

□□□□: 8:25 min/km

□□□□□/□□□: 197 (of 292)

□□□□□/□: 49 (of 100)

□□□□□□: 46:25

□□□□□: 11(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	5:15	-	13	2:56	66	3:05	-	5:15	-	13	2:56	66	3:05
Himmelsleiter +	-	5:57	-	16	2:02	67	2:15	-	11:12	-	14	4:58	67	5:20
Nordwand + Dov	-	7:27	-	10	2:02	51	2:02	-	18:39	-	12	7:00	65	7:16
Nordwand + Dov	-	2:56	-	15	1:00	68	1:25	-	21:35	-	11	7:51	63	8:41
Duckmäuser Eins	-	20:43	-	9	4:42	28	5:33	-	42:18	-	10	12:33	38	14:14
Duckmäuser Aus	-	0:31	-	12	0:10	47	0:13	-	42:49	-	10	12:40	37	14:27
Pneumant Einstie	-	1:32	-	14	1:08	60	1:09	-	44:21	-	10	13:48	37	15:33
Pneumant Aussti	-	0:18	-	23	0:11	85	0:13	-	44:39	-	10	13:56	37	15:45
Heuschnupfen Ei	-	13:50	-	9	3:00	36	3:16	-	58:29	-	10	16:56	34	19:01
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	58:36	-	10	16:57	33	19:03
Schlammbowle E	-	3:03	-	10	0:34	41	0:36	-	1:01:39	-	11	17:31	34	19:39
Schlammbowle A	-	1:27	-	12	0:40	44	0:44	-	1:03:06	-	11	17:57	34	20:23
Sportplatz Mühlb	8.00	4:15	-	12	0:32	43	0:37	8.00	1:07:21	8:25	11	18:24	49	20:56