



Helbing King of Cross

Mühlberg / 01.11.2015

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Bonsack, Anja

□□: 50 Shades of Matsch
 □□: 207

□□: 8.00 km
 Sprint

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 1:20:49

□□: 5.94 km/h
 □□□□: 10:06 min/km

□□□□□/□□□: 275 (of 292)

□□□□□/□: 87 (of 100)

□□□□□□: 46:25

□□□□□: 19(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	3:59	-	9	1:40	41	1:49	-	3:59	-	9	1:40	41	1:49
Himmelsleiter +	-	8:28	-	25	4:33	100	4:46	-	12:27	-	20	6:13	88	6:35
Nordwand + Dov	-	10:09	-	24	4:44	97	4:44	-	22:36	-	22	10:57	95	11:13
Nordwand + Dov	-	2:42	-	9	0:46	45	1:11	-	25:18	-	19	11:34	87	12:24
Duckmäuser Eins	-	26:01	-	15	10:00	66	10:51	-	51:19	-	15	21:34	65	23:15
Duckmäuser Aus	-	0:34	-	18	0:13	60	0:16	-	51:53	-	15	21:44	65	23:31
Pneumant Einstie	-	1:54	-	18	1:30	71	1:31	-	53:47	-	16	23:14	60	24:59
Pneumant Aussti	-	0:10	-	5	0:03	22	0:05	-	53:57	-	16	23:14	61	25:03
Heuschnupfen Ei	-	16:38	-	19	5:48	82	6:04	-	1:10:35	-	15	29:02	59	31:07
Heuschnupfen Ai	-	0:12	-	24	0:07	91	0:07	-	1:10:47	-	15	29:08	57	31:14
Schlammbowle E	-	3:24	-	14	0:55	66	0:57	-	1:14:11	-	15	30:03	56	32:11
Schlammbowle A	-	1:52	-	20	1:05	75	1:09	-	1:16:03	-	15	30:54	56	33:20
Sportplatz Mühlb	8.00	4:46	-	20	1:03	85	1:08	8.00	1:20:49	10:06	19	31:52	87	34:24