



Helbing King of Cross  
Mühlberg / 01.11.2015

□□□□

Rose, Nicole

□□: Sportlerschmiede-HalbeLunge-Ilmenau  
□□: 40

□□: 8.00 km  
Sprint

□□□□:  
Seniorinnen W35 (35-39 Jahre)

□□□: 1:11:36

□□: 6.70 km/h  
□□□□: 8:57 min/km

□□□□□/□□□: 234 (of 292)

□□□□□/□: 65 (of 100)

□□□□□□: 46:25

□□□□□: 13(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:33	-	12	2:14	52	2:23	-	4:33	-	12	2:14	52	2:23
Himmelsleiter +	-	5:51	-	11	1:56	53	2:09	-	10:24	-	11	4:10	52	4:32
Nordwand + Dov	-	7:56	-	14	2:31	70	2:31	-	18:20	-	10	6:41	59	6:57
Nordwand + Dov	-	3:16	-	20	1:20	89	1:45	-	21:36	-	12	7:52	64	8:42
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	23:18	-	22	22:57	86	23:00	-	44:54	-	23	14:45	92	16:32
Pneumant Einstie	-	0:51	-	6	0:27	22	0:28	-	45:45	-	26	15:12	95	16:57
Pneumant Aussti	-	0:13	-	12	0:06	50	0:08	-	45:58	-	26	15:15	101	17:04
Heuschnupfen Ei	-	16:10	-	18	5:20	78	5:36	-	1:02:08	-	12	20:35	46	22:40
Heuschnupfen Ai	-	0:09	-	16	0:04	65	0:04	-	1:02:17	-	26	20:38	99	22:44
Schlammbowle E	-	3:22	-	13	0:53	62	0:55	-	1:05:39	-	26	21:31	99	23:39
Schlammbowle A	-	1:24	-	11	0:37	41	0:41	-	1:07:03	-	26	21:54	101	24:20
Sportplatz Mühlb	8.00	4:33	-	16	0:50	72	0:55	8.00	1:11:36	8:56	13	22:39	65	25:11