



Helbing King of Cross
Mühlberg / 01.11.2015

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Holland, Ines

□□: Coburg Locals / RunningBros

□□: 228

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 1:13:35

□□: 6.52 km/h

□□□□: 9:12 min/km

□□□□□/□□□□: 250 (of 292)

□□□□□/□: 75 (of 100)

□□□□□□: 46:25

□□□□□: 16(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	5:22	-	15	3:03	72	3:12	-	5:22	-	15	3:03	72	3:12
Himmelsleiter +	-	6:10	-	19	2:15	80	2:28	-	11:32	-	16	5:18	74	5:40
Nordwand + Dov	-	7:46	-	13	2:21	63	2:21	-	19:18	-	15	7:39	70	7:55
Nordwand + Dov	-	3:06	-	17	1:10	80	1:35	-	22:24	-	16	8:40	72	9:30
Duckmäuser Eins	-	22:33	-	12	6:32	49	7:23	-	44:57	-	14	15:12	53	16:53
Duckmäuser Aus	-	0:33	-	15	0:12	55	0:15	-	45:30	-	14	15:21	52	17:08
Pneumant Einstie	-	2:51	-	22	2:27	86	2:28	-	48:21	-	13	17:48	50	19:33
Pneumant Aussti	-	0:13	-	12	0:06	50	0:08	-	48:34	-	14	17:51	54	19:40
Heuschnupfen Ei	-	14:59	-	13	4:09	57	4:25	-	1:03:33	-	13	22:00	50	24:05
Heuschnupfen Ai	-	0:09	-	16	0:04	65	0:04	-	1:03:42	-	13	22:03	48	24:09
Schlammbowle E	-	3:33	-	17	1:04	79	1:06	-	1:07:15	-	13	23:07	49	25:15
Schlammbowle A	-	1:50	-	17	1:03	70	1:07	-	1:09:05	-	13	23:56	49	26:22
Sportplatz Mühlb	8.00	4:30	-	13	0:47	65	0:52	8.00	1:13:35	9:11	16	24:38	75	27:10