



# Helbing King of Cross

Mühlberg / 01.11.2015

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Elsässer, Gisela

□□□: 2:41:42

□□: Drillout Peppi´s GTTR Laufladen Erfurt Runners □□: 5.94 km/h

□□: 519

□□□□: 10:07 min/km

□□: 16.00 km

□□□□□/□□□□: 286 (of 304)

Expert

□□□□□/□: 42 (of 52)

□□□□□□: 1:26:55

□□□□:

□□□□□: 1(of 1)

Seniorinnen W60 (60-64 Jahre)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	5:00	-	1	-	42	2:59	-	5:00	-	1	-	42	2:59
Himmelsleiter +	-	5:59	-	1	-	42	2:28	-	10:59	-	1	-	40	5:27
Nordwand + Dov	-	8:18	-	1	-	41	3:18	-	19:17	-	1	-	41	8:35
Nordwand + Dov	-	3:09	-	1	-	49	1:33	-	22:26	-	1	-	40	10:05
Duckmäuser Eins	-	24:18	-	1	-	25	10:17	-	46:44	-	1	-	25	20:22
Duckmäuser Aus	-	0:43	-	1	-	27	0:24	-	47:27	-	1	-	24	20:44
Pneumant Einstie	-	2:03	-	1	-	37	1:45	-	49:30	-	1	-	24	22:16
Pneumant Aussti	-	0:29	-	1	-	48	0:25	-	49:59	-	1	-	24	22:38
Heuschnupfen Ei	-	17:23	-	1	-	47	7:32	-	1:07:22	-	1	-	27	30:10
Heuschnupfen Ai	-	0:11	-	1	-	49	0:06	-	1:07:33	-	1	-	27	30:15
Schlammbowle E	-	3:39	-	1	-	39	1:24	-	1:11:12	-	1	-	26	31:39
Schlammbowle A	-	1:59	-	1	-	43	1:06	-	1:13:11	-	1	-	26	32:41
Himmelsleiter +	-	8:07	-	1	-	48	4:29	-	1:21:18	-	1	-	27	37:10
Himmelsleiter +	-	6:00	-	1	-	37	2:06	-	1:27:18	-	1	-	26	39:16
Nordwand + Dov	-	8:04	-	1	-	33	2:54	-	1:35:22	-	1	-	23	42:10
Nordwand + Dov	-	4:14	-	1	-	49	2:39	-	1:39:36	-	1	-	26	44:49
Duckmäuser Eins	-	25:48	-	1	-	31	11:04	-	2:05:24	-	1	-	22	55:53
Duckmäuser Aus	-	0:44	-	1	-	36	0:27	-	2:06:08	-	1	-	22	56:16
Pneumant Einstie	-	3:21	-	1	-	45	2:56	-	2:09:29	-	1	-	20	59:03
Pneumant Aussti	-	0:26	-	1	-	44	0:20	-	2:09:55	-	1	-	20	59:23
Heuschnupfen Ei	-	16:40	-	1	-	37	7:00	-	2:26:35	-	1	-	20	1:06:23
Heuschnupfen Ai	-	0:11	-	1	-	40	0:06	-	2:26:46	-	1	-	20	1:06:28
Schlammbowle E	-	7:46	-	1	-	45	5:38	-	2:34:32	-	1	-	20	1:12:06
Schlammbowle A	-	2:20	-	1	-	41	1:26	-	2:36:52	-	1	-	19	1:13:32
Sportplatz Mühlb	8.00	4:50	-	1	-	43	1:15	16.00	2:41:42	10:06	1	-	42	1:14:47