



Helbing King of Cross
Mühlberg / 01.11.2015

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Günther, Ines

□□: Frankenberg

□□: 17

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 1:17:11

□□: 6.22 km/h

□□□□: 9:39 min/km

□□□□□/□□□: 270 (of 292)

□□□□□/□: 85 (of 100)

□□□□□□: 46:25

□□□□□: 3(of 3)

□□□□□□□: 1:00:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	4:55	-	3	1:31	58	2:45	-	4:55	-	3	1:31	58	2:45	
Himmelsleiter +	-	6:07	-	3	0:54	79	2:25	-	11:02	-	3	2:22	60	5:10	
Nordwand + Dov	-	8:41	-	3	2:01	86	3:16	-	19:43	-	3	4:11	79	8:20	
Nordwand + Dov	-	3:12	-	3	0:47	86	1:41	-	22:55	-	3	4:58	80	10:01	
Duckmäuser Eins	-	24:18	-	2	2:57	63	9:08	-	47:13	-	2	7:42	62	19:09	
Duckmäuser Aus	-	0:43	-	2	0:08	68	0:25	-	47:56	-	2	7:50	61	19:34	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	1:54	-	3	1:41	97	1:49	-	49:50	-	4	8:01	57	20:56	
Heuschnupfen Ei	-	16:55	-	3	4:04	84	6:21	-	1:06:45	-	4	10:36	100	27:17	
Heuschnupfen Ai	-	0:09	-	3	0:02	65	0:04	-	1:06:54	-	4	10:38	99	27:21	
Schlammbowle E	-	3:45	-	2	0:51	84	1:18	-	1:10:39	-	3		99	28:39	
Schlammbowle A	-	1:58	-	2	0:29	84	1:15	-	1:12:37	-	4		55	29:54	
Sportplatz Mühlb	8.00	4:34	-	3	0:26	73	0:56	8.00	1:17:11	9:38	3	16:43	85	30:46	