



Helbing King of Cross  
Mühlberg / 01.11.2015

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Junk, Ramona

□□: Crossfit  
□□: 27

□□: 8.00 km  
Sprint

□□□□:  
Seniorinnen W40 (40-44 Jahre)

□□□: 1:12:11

□□: 6.65 km/h  
□□□□: 9:01 min/km

□□□□□/□□□□: 239 (of 292)

□□□□□/□: 68 (of 100)

□□□□□□: 46:25

□□□□□: 8(of 9)

□□□□□□□: 57:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	4:04	-	6	0:56	44	1:54	-	4:04	-	6	0:56	44	1:54
Himmelsleiter +	-	6:03	-	7	1:27	75	2:21	-	10:07	-	6	2:23	47	4:15
Nordwand + Dov	-	8:16	-	8	2:10	77	2:51	-	18:23	-	7	4:06	61	7:00
Nordwand + Dov	-	3:05	-	7	1:09	76	1:34	-	21:28	-	7	5:15	60	8:34
Duckmäuser Eins	-	22:45	-	6	4:04	52	7:35	-	44:13	-	6	9:10	49	16:09
Duckmäuser Aus	-	0:31	-	6	0:11	47	0:13	-	44:44	-	6	9:16	48	16:22
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	2:02	-	9	1:52	99	1:57	-	46:46	-	10	10:24	101	17:52
Heuschnupfen Ei	-	15:47	-	8	3:04	74	5:13	-	1:02:33	-	10	13:28	100	23:05
Heuschnupfen Ai	-	0:08	-	2	0:02	51	0:03	-	1:02:41	-	8	11:15	99	23:08
Schlammbowle E	-	3:22	-	7	0:42	62	0:55	-	1:06:03	-	10	11:50	99	24:03
Schlammbowle A	-	1:36	-	7	0:31	58	0:53	-	1:07:39	-	10	12:13	101	24:56
Sportplatz Mühlb	8.00	4:32	-	7	0:42	69	0:54	8.00	1:12:11	9:01	8	14:33	68	25:46