



# Helbing King of Cross

Mühlberg / 01.11.2015

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Schmidt, Diana

□□: Rudolstadt  
 □□: 388

□□: 16.00 km  
 Expert

□□□□:  
 Frauen (20-29 Jahre)

□□□: 2:46:20

□□: 5.77 km/h  
 □□□□: 10:24 min/km

□□□□□/□□□□: 294 (of 304)

□□□□□/□: 47 (of 52)

□□□□□□: 1:26:55

□□□□□: 14(of 16)

□□□□□□□: 1:32:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:20	-	14	3:18	49	3:19	-	5:20	-	14	3:18	49	3:19	
Himmelsleiter +	-	6:37	-	15	3:03	50	3:06	-	11:57	-	15	6:21	51	6:25	
Nordwand + Dov	-	9:49	-	14	4:39	49	4:49	-	21:46	-	15	11:00	51	11:04	
Nordwand + Dov	-	2:37	-	12	1:01	37	1:01	-	24:23	-	15	12:01	50	12:02	
Duckmäuser Eins	-	25:14	-	7	5:50	31	11:13	-	49:37	-	7	11:43	31	23:15	
Duckmäuser Aus	-	0:29	-	2	0:05	13	0:10	-	50:06	-	7	11:37	30	23:23	
Pneumant Einstie	-	1:47	-	8	0:58	34	1:29	-	51:53	-	7	12:16	29	24:39	
Pneumant Aussti	-	0:10	-	5	0:06	13	0:06	-	52:03	-	7	12:15	29	24:42	
Heuschnupfen Ei	-	17:25	-	15	7:05	48	7:34	-	1:09:28	-	8	16:16	30	32:16	
Heuschnupfen Ai	-	0:06	-	1	-	2	0:01	-	1:09:34	-	8	16:14	30	32:16	
Schlammbowle E	-	3:50	-	13	1:27	44	1:35	-	1:13:24	-	8	16:51	29	33:51	
Schlammbowle A	-	1:46	-	11	0:48	38	0:53	-	1:15:10	-	8	17:09	30	34:40	
Himmelsleiter +	-	7:54	-	14	3:52	46	4:16	-	1:23:04	-	8	19:59	30	38:56	
Himmelsleiter +	-	6:59	-	14	2:54	48	3:05	-	1:30:03	-	8	21:47	30	42:01	
Nordwand + Dov	-	10:02	-	14	4:21	46	4:52	-	1:40:05	-	8	24:34	30	46:53	
Nordwand + Dov	-	2:55	-	12	1:17	38	1:20	-	1:43:00	-	7	25:05	29	48:13	
Duckmäuser Eins	-	27:10	-	9	11:18	34	12:26	-	2:10:10	-	6	31:20	27	1:00:39	
Duckmäuser Aus	-	0:50	-	10	0:25	39	0:33	-	2:11:00	-	6	31:36	27	1:01:08	
Pneumant Einstie	-	2:22	-	11	1:20	37	1:57	-	2:13:22	-	6	32:41	25	1:02:56	
Pneumant Aussti	-	0:13	-	11	0:04	32	0:07	-	2:13:35	-	6	32:43	25	1:03:03	
Heuschnupfen Ei	-	20:15	-	14	9:19	46	10:35	-	2:33:50	-	6	38:56	24	1:13:38	
Heuschnupfen Ai	-	0:06	-	2	0:01	5	0:01	-	2:33:56	-	6	38:54	24	1:13:38	
Schlammbowle E	-	4:29	-	12	1:57	40	2:21	-	2:38:25	-	5	40:19	24	1:15:59	
Schlammbowle A	-	3:05	-	14	2:02	45	2:11	-	2:41:30	-	5	42:00	23	1:18:10	
Sportplatz Mühlb	8.00	4:50	-	14	1:05	43	1:15	16.00	2:46:20	10:23	14	1:13:32	47	1:19:25	