



Helbing King of Cross

Mühlberg / 01.11.2015

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Kurt, Jutta

00: Coburg Locals / RunningBros

00: 599

00: 16.00 km

Expert

0000:

Seniorinnen W35 (35-39 Jahre)

000: 2:05:37

00: 7.64 km/h

0000: 7:51 min/km

00000/0000: 222 (of 304)

00000/0: 23 (of 52)

000000: 1:26:55

00000: 4(of 9)

0000000: 1:30:41

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000	00 km	00 min/km	00 -	00 -	00 0	00 0	000 km	000 min/km	00 -	00 -	00 0	00 0		
Himmelsleiter +	-	3:33	-	4	1:32	18	1:32	-	3:33	-	4	1:32	18	1:32
Himmelsleiter +	-	5:26	-	5	1:55	25	1:55	-	8:59	-	4	3:27	19	3:27
Nordwand + Dov	-	6:32	-	4	1:21	19	1:32	-	15:31	-	5	4:48	19	4:49
Nordwand + Dov	-	2:43	-	8	1:04	40	1:07	-	18:14	-	5	5:52	22	5:53
Duckmäuser Eins	-	19:49	-	3	4:21	11	5:48	-	38:03	-	4	9:01	13	11:41
Duckmäuser Aus	-	0:33	-	6	0:09	21	0:14	-	38:36	-	4	9:08	13	11:53
Pneumant Einstie	-	1:28	-	8	1:10	30	1:10	-	40:04	-	4	10:09	13	12:50
Pneumant Aussti	-	0:14	-	7	0:07	30	0:10	-	40:18	-	4	10:11	13	12:57
Heuschnupfen Ei	-	13:48	-	4	3:50	27	3:57	-	54:06	-	4	13:13	13	16:54
Heuschnupfen Ai	-	0:06	-	2	0:01	2	0:01	-	54:12	-	4	13:13	13	16:54
Schlammbowle E	-	2:56	-	2	0:26	11	0:41	-	57:08	-	3	13:39	12	17:35
Schlammbowle A	-	1:24	-	4	0:31	18	0:31	-	58:32	-	3	14:10	12	18:02
Himmelsleiter +	-	4:43	-	4	0:33	11	1:05	-	1:03:15	-	2	14:43	11	19:07
Himmelsleiter +	-	5:10	-	4	1:04	18	1:16	-	1:08:25	-	2	15:44	11	20:23
Nordwand + Dov	-	7:02	-	4	1:27	15	1:52	-	1:15:27	-	2	17:11	9	22:15
Nordwand + Dov	-	2:41	-	7	1:02	34	1:06	-	1:18:08	-	2	17:58	11	23:21
Duckmäuser Eins	-	21:38	-	4	6:06	22	6:54	-	1:39:46	-	2	23:16	10	30:15
Duckmäuser Aus	-	0:29	-	7	0:12	20	0:12	-	1:40:15	-	2	23:19	10	30:23
Pneumant Einstie	-	2:02	-	8	1:37	36	1:37	-	1:42:17	-	2	24:54	10	31:51
Pneumant Aussti	-	0:18	-	9	0:12	41	0:12	-	1:42:35	-	2	25:01	10	32:03
Heuschnupfen Ei	-	14:41	-	4	4:06	25	5:01	-	1:57:16	-	2	29:00	11	37:04
Heuschnupfen Ai	-	0:06	-	1	-	5	0:01	-	1:57:22	-	2	29:00	11	37:04
Schlammbowle E	-	2:56	-	2	0:30	13	0:48	-	2:00:18	-	2	29:30	10	37:52
Schlammbowle A	-	1:21	-	3	0:12	17	0:27	-	2:01:39	-	2	29:42	10	38:19
Sportplatz Mühlb	8.00	3:58	-	3	0:14	13	0:23	16.00	2:05:37	7:51	4	34:56	23	38:42