



# Helbing King of Cross

Mühlberg / 01.11.2015

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Lulei, Bettina

□□: Coburg Locals / RunningBros

□□: 219

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 57:53

□□: 8.29 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 91 (of 292)

□□□□□/□: 15 (of 100)

□□□□□□: 46:25

□□□□□: 2(of 15)

□□□□□□□: 53:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□□ -	□□□ □	□□□ □		
Himmelsleiter +	-	3:46	-	4	0:56	32	1:36	-	3:46	-	4	0:56	32	1:36
Himmelsleiter +	-	5:32	-	4	1:26	36	1:50	-	9:18	-	4	2:22	34	3:26
Nordwand + Dov	-	6:11	-	2	0:03	10	0:46	-	15:29	-	3	2:25	20	4:06
Nordwand + Dov	-	2:28	-	3	0:23	26	0:57	-	17:57	-	3	2:48	20	5:03
Duckmäuser Eins	-	17:44	-	1	-	7	2:34	-	35:41	-	1	-	13	7:37
Duckmäuser Aus	-	0:21	-	1	-	3	0:03	-	36:02	-	1	-	13	7:40
Pneumant Einstie	-	1:01	-	5	0:38	34	0:38	-	37:03	-	1	-	14	8:15
Pneumant Aussti	-	0:10	-	6	0:04	22	0:05	-	37:13	-	1	-	14	8:19
Heuschnupfen Ei	-	11:47	-	1	-	4	1:13	-	49:00	-	1	-	11	9:32
Heuschnupfen Ai	-	0:06	-	2	0:01	7	0:01	-	49:06	-	1	-	11	9:33
Schlammbowle E	-	2:37	-	1	-	7	0:10	-	51:43	-	1	-	11	9:43
Schlammbowle A	-	1:23	-	6	0:26	36	0:40	-	53:06	-	1	-	11	10:23
Sportplatz Mühlb	8.00	4:47	-	14	0:50	86	1:09	8.00	57:53	7:14	2	4:07	15	11:28