



Helbing King of Cross
Mühlberg / 01.11.2015

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Broja, Theresa

□□: CROSSFIT ERFURT
□□: 204

□□: 8.00 km
Sprint

□□□□:
Frauen (20-29 Jahre)

□□□: 1:09:44

□□: 6.88 km/h
□□□□: 8:43 min/km

□□□□□/□□□: 219 (of 292)

□□□□□/□: 59 (of 100)

□□□□□□: 46:25

□□□□□: 17(of 26)

□□□□□□□: 54:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Himmelsleiter +	-	3:52	-	9	1:02	36	1:42	-	3:52	-	9	1:02	36	1:42
Himmelsleiter +	-	5:48	-	14	1:21	49	2:06	-	9:40	-	9	2:23	37	3:48
Nordwand + Dov	-	7:32	-	17	1:32	53	2:07	-	17:12	-	11	3:26	42	5:49
Nordwand + Dov	-	3:25	-	25	1:14	91	1:54	-	20:37	-	14	4:40	48	7:43
Duckmäuser Eins	-	22:17	-	14	4:53	47	7:07	-	42:54	-	13	9:33	44	14:50
Duckmäuser Aus	-	0:37	-	18	0:13	65	0:19	-	43:31	-	12	9:43	43	15:09
Pneumant Einstie	-	0:41	-	5	0:09	15	0:18	-	44:12	-	10	9:32	35	15:24
Pneumant Aussti	-	0:22	-	23	0:17	90	0:17	-	44:34	-	11	9:44	36	15:40
Heuschnupfen Ei	-	15:34	-	20	3:37	71	5:00	-	1:00:08	-	11	13:11	41	20:40
Heuschnupfen Ai	-	0:11	-	24	0:06	87	0:06	-	1:00:19	-	11	13:17	40	20:46
Schlammbowle E	-	3:11	-	17	0:36	54	0:44	-	1:03:30	-	11	13:50	39	21:30
Schlammbowle A	-	2:09	-	23	1:08	86	1:26	-	1:05:39	-	12	14:51	40	22:56
Sportplatz Mühlb	8.00	4:05	-	7	0:12	20	0:27	8.00	1:09:44	8:43	17	15:03	59	23:19