



Helbing King of Cross  
Mühlberg / 01.11.2015

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Rernböck, Petra

□□: Coburg Locals / RunningBros

□□: 226

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 1:13:36

□□: 6.52 km/h

□□□□: 9:12 min/km

□□□□□/□□□: 251 (of 292)

□□□□□/□: 77 (of 100)

□□□□□□: 46:25

□□□□□: 17(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	5:28	-	17	3:09	78	3:18	-	5:28	-	17	3:09	78	3:18
Himmelsleiter +	-	6:05	-	18	2:10	78	2:23	-	11:33	-	17	5:19	75	5:41
Nordwand + Dov	-	7:43	-	12	2:18	61	2:18	-	19:16	-	14	7:37	68	7:53
Nordwand + Dov	-	3:05	-	16	1:09	76	1:34	-	22:21	-	15	8:37	70	9:27
Duckmäuser Eins	-	22:34	-	13	6:33	50	7:24	-	44:55	-	13	15:10	52	16:51
Duckmäuser Aus	-	0:29	-	8	0:08	35	0:11	-	45:24	-	13	15:15	51	17:02
Pneumant Einstie	-	2:57	-	23	2:33	87	2:34	-	48:21	-	13	17:48	50	19:33
Pneumant Aussti	-	0:09	-	3	0:02	12	0:04	-	48:30	-	13	17:47	52	19:36
Heuschnupfen Ei	-	15:09	-	14	4:19	63	4:35	-	1:03:39	-	14	22:06	53	24:11
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	1:03:46	-	14	22:07	51	24:13
Schlammbowle E	-	3:29	-	16	1:00	76	1:02	-	1:07:15	-	13	23:07	49	25:15
Schlammbowle A	-	1:50	-	17	1:03	70	1:07	-	1:09:05	-	13	23:56	49	26:22
Sportplatz Mühlb	8.00	4:31	-	15	0:48	68	0:53	8.00	1:13:36	9:11	17	24:39	77	27:11