



Helbing King of Cross

Mühlberg / 01.11.2015

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Staude, Sylke

□□□: 2:41:42

□□: Drillout Peppi´s GTTR Laufladen Erfurt Runners □□: 5.94 km/h

□□: 418

□□□□: 10:07 min/km

□□: 16.00 km

□□□□□/□□□□: 289 (of 304)

Expert

□□□□□/□: 42 (of 52)

□□□□□□: 1:26:55

□□□□:

□□□□□: 6(of 7)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 1:48:22

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