



# Helbing King of Cross

Mühlberg / 01.11.2015

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Helbing, Yvonne

□□: Team Helbing

□□: 60

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 1:29:41

□□: 5.35 km/h

□□□□: 11:13 min/km

□□□□□/□□□: 290 (of 292)

□□□□□/□: 98 (of 100)

□□□□□□: 46:25

□□□□□: 24(of 25)

□□□□□□□: 48:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	6:12	-	21	3:53	92	4:02	-	6:12	-	21	3:53	92	4:02
Himmelsleiter +	-	5:55	-	14	2:00	64	2:13	-	12:07	-	19	5:53	85	6:15
Nordwand + Dov	-	10:28	-	25	5:03	99	5:03	-	22:35	-	21	10:56	94	11:12
Nordwand + Dov	-	3:09	-	18	1:13	82	1:38	-	25:44	-	21	12:00	91	12:50
Duckmäuser Eins	-	28:40	-	20	12:39	74	13:30	-	54:24	-	20	24:39	74	26:20
Duckmäuser Aus	-	0:33	-	15	0:12	55	0:15	-	54:57	-	19	24:48	71	26:35
Pneumant Einstie	-	1:27	-	12	1:03	54	1:04	-	56:24	-	17	25:51	64	27:36
Pneumant Aussti	-	0:21	-	25	0:14	88	0:16	-	56:45	-	18	26:02	65	27:51
Heuschnupfen Ei	-	21:28	-	25	10:38	99	10:54	-	1:18:13	-	19	36:40	66	38:45
Heuschnupfen Ai	-	0:09	-	16	0:04	65	0:04	-	1:18:22	-	19	36:43	65	38:49
Schlammbowle E	-	4:37	-	25	2:08	97	2:10	-	1:22:59	-	19	38:51	64	40:59
Schlammbowle A	-	1:51	-	19	1:04	72	1:08	-	1:24:50	-	19	39:41	64	42:07
Sportplatz Mühlb	8.00	4:51	-	21	1:08	87	1:13	8.00	1:29:41	11:12	24	40:44	98	43:16