



Helbing King of Cross
Mühlberg / 01.11.2015

□□□□

Leitgeb, Nancy

□□: Erfurt
□□: 150

□□: 8.00 km
Sprint

□□□□:
Seniorinnen W30 (30-34 Jahre)

□□□: 1:12:09

□□: 6.65 km/h
□□□□: 9:01 min/km

□□□□□/□□□: 237 (of 292)

□□□□□/□: 67 (of 100)

□□□□□□: 46:25

□□□□□: 10(of 15)

□□□□□□□: 53:46

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Himmelsleiter +	-	4:31	-	10	1:41	51	2:21	-	4:31	-	10	1:41	51	2:21
Himmelsleiter +	-	8:27	-	15	4:21	99	4:45	-	12:58	-	15	6:02	99	7:06
Nordwand + Dov	-	7:49	-	9	1:41	65	2:24	-	20:47	-	13	7:43	86	9:24
Nordwand + Dov	-	2:39	-	8	0:34	43	1:08	-	23:26	-	13	8:17	86	10:32
Duckmäuser Eins	-	22:34	-	8	4:50	50	7:24	-	46:00	-	10	10:19	58	17:56
Duckmäuser Aus	-	0:29	-	7	0:08	35	0:11	-	46:29	-	10	10:27	57	18:07
Pneumant Einstie	-	1:17	-	9	0:54	44	0:54	-	47:46	-	8	10:43	49	18:58
Pneumant Aussti	-	0:10	-	6	0:04	22	0:05	-	47:56	-	8	10:43	49	19:02
Heuschnupfen Ei	-	14:24	-	8	2:37	48	3:50	-	1:02:20	-	7	13:20	47	22:52
Heuschnupfen Ai	-	0:07	-	4	0:02	22	0:02	-	1:02:27	-	7	13:21	45	22:54
Schlammbowle E	-	3:23	-	11	0:46	65	0:56	-	1:05:50	-	7	14:07	44	23:50
Schlammbowle A	-	1:35	-	12	0:38	56	0:52	-	1:07:25	-	7	14:19	44	24:42
Sportplatz Mühlb	8.00	4:44	-	12	0:47	81	1:06	8.00	1:12:09	9:01	10	18:23	67	25:44