



Helbing King of Cross  
Mühlberg / 01.11.2015

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Grosser, Ulrike

□□: BARMER GEK

□□: 167

□□: 8.00 km

Sprint

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 56:16

□□: 8.53 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 70 (of 292)

□□□□□/□: 8 (of 100)

□□□□□□: 46:25

□□□□□: 2(of 8)

□□□□□□□: 52:15

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□□□

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