



Bezirksmeisterschaften Halle Crosslauf  
Sangerhausen/ OT Grillenberg / 06.04.2013

Detailed evaluation

Hellwig, Elisa

Club: SV Wacker Rottleberode  
Number: 176

Course: 1.00 km  
1 km Lauf

Category:  
weibliche Kinder W09

Total time: 7:27

Speed: 8.05 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 76 (of 76)  
Rank in course/Women: 45 (of 45)  
Best time in course: 3:44

Rank in category: 9(of 9)  
Best time in the category: 4:29