



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Heß, Franziska Josephine

Club: FraLuKa  
Number: 1605

Course: 17.60 km  
Expert

Category:  
Frauen (20-29 Jahre)

Total time: 2:35:13

Speed: 6.80 km/h  
Running performance: 8:49 min/km

Rank in course/Total: 475 (of 528)

Rank in course/Women: 64 (of 79)

Best time in course: 1:35:01

Rank in category: 10(of 14)

Best time in the category: 1:40:38