



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

hanelt, nicole

Club: Gera

Number: 232

Course: 9.60 km

Sprint

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:49

Speed: 8.46 km/h

Running performance: 6:39 min/km

Rank in course/Total: 99 (of 550)

Rank in course/Women: 6 (of 174)

Best time in course: 53:53

Rank in category: 2(of 20)

Best time in the category: 1:02:43