



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Scharf, Sylvia

Club: Lauffreunde Schmira
Number: 201

Course: 9.60 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:07:55

Speed: 7.95 km/h
Running performance: 7:04 min/km

Rank in course/Total: 178 (of 550)

Rank in course/Women: 20 (of 174)

Best time in course: 53:53

Rank in category: 6(of 20)

Best time in the category: 1:02:43