



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Grosser, Ulrike

Club: Train hard with a Smile
Number: 352

Course: 9.60 km
Sprint

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:44

Speed: 7.97 km/h
Running performance: 7:04 min/km

Rank in course/Total: 173 (of 550)

Rank in course/Women: 19 (of 174)

Best time in course: 53:53

Rank in category: 3(of 8)

Best time in the category: 53:53