



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Plaschke, Susanne

Club: Gesundheitsvilla Erfurt
Number: 346

Course: 9.60 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:07:36

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 167 (of 550)

Rank in course/Women: 17 (of 174)

Best time in course: 53:53

Rank in category: 4(of 20)

Best time in the category: 1:02:43