



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Wiegand, Heike**

Club: Laufgruppe Atemnot  
Number: 46

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:12:54

Speed: 7.41 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 259 (of 550)

Rank in course/Women: 44 (of 174)

Best time in course: 53:53

Rank in category: 10(of 53)

Best time in the category: 59:48