



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Armster, Katrin

Club: Crossfit Erfurt
Number: 277

Course: 9.60 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:09:47

Speed: 7.74 km/h
Running performance: 7:16 min/km

Rank in course/Total: 216 (of 550)

Rank in course/Women: 34 (of 174)

Best time in course: 53:53

Rank in category: 7(of 34)

Best time in the category: 1:01:43