



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: 8.25 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