



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Tilke, Sarah Noemi

Club: Hauset  
Number: 1397

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:10:58

Speed: 8.12 km/h  
Running performance: 7:23 min/km

Rank in course/Total: 229 (of 550)

Rank in course/Women: 37 (of 174)

Best time in course: 53:53

Rank in category: 8(of 53)

Best time in the category: 59:48