



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Langhammer, Grit

Club: Die Schöne und die Biester  
Number: 441

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:15:39

Speed: 7.14 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 298 (of 550)

Rank in course/Women: 50 (of 174)

Best time in course: 53:53

Rank in category: 6(of 8)

Best time in the category: 53:53