



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Henkel, Yvonne

Club: HELBING

Number: 422

Course: 9.60 km

Sprint

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:14:18

Speed: 7.75 km/h

Running performance: 7:44 min/km

Rank in course/Total: 281 (of 550)

Rank in course/Women: 47 (of 174)

Best time in course: 53:53

Rank in category: 8(of 30)

Best time in the category: 1:04:32