



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hering, Laura-Sophie

Club: Saalfeld  
Number: 532

Course: 9.60 km  
Sprint

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 1:16:16

Speed: 7.55 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 313 (of 550)

Rank in course/Women: 56 (of 174)

Best time in course: 53:53

Rank in category: 2(of 6)

Best time in the category: 1:09:13