



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Plaschke, Maritta

Club: Gesundheitsvilla Erfurt
Number: 345

Course: 9.60 km
Sprint

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:51

Speed: 7.80 km/h
Running performance: 7:41 min/km

Rank in course/Total: 272 (of 550)

Rank in course/Women: 46 (of 174)

Best time in course: 53:53

Rank in category: 4(of 8)

Best time in the category: 53:53