



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Anders, Christiane**

Club: Erfurt  
Number: 437

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:18

Speed: 7.26 km/h  
Running performance: 8:16 min/km

Rank in course/Total: 343 (of 550)

Rank in course/Women: 68 (of 174)

Best time in course: 53:53

Rank in category: 7(of 8)

Best time in the category: 53:53