



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Simon, Lara

Club: 500gr Gehacktes
Number: 305

Course: 9.60 km
Sprint

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 1:17:26

Speed: 6.97 km/h
Running performance: 8:04 min/km

Rank in course/Total: 323 (of 550)

Rank in course/Women: 58 (of 174)

Best time in course: 53:53

Rank in category: 3(of 6)

Best time in the category: 1:09:13