



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Schönheit, Francis

Club: Lauf-Masche  
Number: 117

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:20:08

Speed: 7.19 km/h  
Running performance: 8:21 min/km

Rank in course/Total: 355 (of 550)

Rank in course/Women: 73 (of 174)

Best time in course: 53:53

Rank in category: 15(of 53)

Best time in the category: 59:48