



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Nitz, Karina

Club: Sportgeister
Number: 544

Course: 9.60 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:18:25

Speed: 6.89 km/h
Running performance: 8:10 min/km

Rank in course/Total: 329 (of 550)

Rank in course/Women: 61 (of 174)

Best time in course: 53:53

Rank in category: 9(of 20)

Best time in the category: 1:02:43