



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Ickrath, Melanie

Club: Mühlberg Warriors  
Number: 26

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:21:17

Speed: 6.64 km/h  
Running performance: 8:28 min/km

Rank in course/Total: 361 (of 550)

Rank in course/Women: 75 (of 174)

Best time in course: 53:53

Rank in category: 12(of 34)

Best time in the category: 1:01:43