



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Zahn, Vanessa

Club: Cool Running
Number: 212

Course: 9.60 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:22:00

Speed: 6.59 km/h
Running performance: 8:32 min/km

Rank in course/Total: 374 (of 550)

Rank in course/Women: 81 (of 174)

Best time in course: 53:53

Rank in category: 13(of 20)

Best time in the category: 1:02:43