



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hölzer, Karen

Club: proud athletes  
Number: 246

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:22:55

Speed: 6.51 km/h  
Running performance: 8:38 min/km

Rank in course/Total: 394 (of 550)

Rank in course/Women: 90 (of 174)

Best time in course: 53:53

Rank in category: 17(of 34)

Best time in the category: 1:01:43