



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Frank, Ramona

Club: V&M Herrgesell Laufteam
Number: 32

Course: 9.60 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:24:10

Speed: 6.84 km/h
Running performance: 8:46 min/km

Rank in course/Total: 410 (of 550)

Rank in course/Women: 99 (of 174)

Best time in course: 53:53

Rank in category: 14(of 20)

Best time in the category: 1:02:43