



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**gaul, ramona**

Club: B.R.L.  
Number: 14

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:25:50

Speed: 6.29 km/h  
Running performance: 8:56 min/km

Rank in course/Total: 425 (of 550)  
Rank in course/Women: 104 (of 174)  
Best time in course: 53:53

Rank in category: 15(of 20)  
Best time in the category: 1:02:43