



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Mahn, Susen**

Club: Train hard with a Smile  
Number: 361

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:27:08

Speed: 6.20 km/h  
Running performance: 9:05 min/km

Rank in course/Total: 430 (of 550)  
Rank in course/Women: 108 (of 174)

Best time in course: 53:53

Rank in category: 19(of 30)  
Best time in the category: 1:04:32