



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Fricke, Monika**

Club: AC Apolda  
Number: 33

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 1:28:06

Speed: 6.54 km/h  
Running performance: 9:11 min/km

Rank in course/Total: 442 (of 550)  
Rank in course/Women: 116 (of 174)  
Best time in course: 53:53

Rank in category: 1(of 1)  
Best time in the category: 1:28:06