



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Groneberg, Susanne

Club: Gesundheitsvilla Erfurt
Number: 349

Course: 9.60 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:25:46

Speed: 6.30 km/h
Running performance: 8:56 min/km

Rank in course/Total: 423 (of 550)

Rank in course/Women: 103 (of 174)

Best time in course: 53:53

Rank in category: 19(of 34)

Best time in the category: 1:01:43