



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Köhne, Manuela

Club: Bad Blankenburg
Number: 560

Course: 9.60 km
Sprint

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:25:34

Speed: 6.31 km/h
Running performance: 8:55 min/km

Rank in course/Total: 422 (of 550)
Rank in course/Women: 102 (of 174)
Best time in course: 53:53

Rank in category: 8(of 8)
Best time in the category: 53:53