



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Cramer, Caroline**

Club: Laufladen Erfurt - OCR Team  
Number: 507

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:32:08

Speed: 6.25 km/h  
Running performance: 9:36 min/km

Rank in course/Total: 477 (of 550)  
Rank in course/Women: 133 (of 174)

Best time in course: 53:53

Rank in category: 38(of 53)  
Best time in the category: 59:48