



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Herzog, Sindy

Club: V&M Herrgesell Laufteam
Number: 171

Course: 9.60 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 1:28:17

Speed: 6.12 km/h
Running performance: 9:12 min/km

Rank in course/Total: 447 (of 550)
Rank in course/Women: 119 (of 174)

Best time in course: 53:53

Rank in category: 30(of 53)

Best time in the category: 59:48