



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Herzog, Emilie**

Club: LTV Erfurt Juniorteam  
Number: 109

Course: 9.60 km  
Sprint

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 1:30:47

Speed: 5.95 km/h  
Running performance: 9:28 min/km

Rank in course/Total: 459 (of 550)  
Rank in course/Women: 124 (of 174)  
Best time in course: 53:53

Rank in category: 5(of 6)  
Best time in the category: 1:09:13