



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Gray, Silke

Club: Cool Running
Number: 215

Course: 9.60 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:31:55

Speed: 5.87 km/h
Running performance: 9:34 min/km

Rank in course/Total: 474 (of 550)
Rank in course/Women: 131 (of 174)
Best time in course: 53:53

Rank in category: 17(of 20)
Best time in the category: 1:02:43