



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Worech, Susan

Club: sportklinik.Erfurt
Number: 479

Course: 9.60 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:31:20

Speed: 5.91 km/h
Running performance: 9:31 min/km

Rank in course/Total: 465 (of 550)

Rank in course/Women: 127 (of 174)

Best time in course: 53:53

Rank in category: 24(of 34)

Best time in the category: 1:01:43