



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: 6.31 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