



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Marucha, Jördis**

Club: erfurt  
Number: 374

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:28:46

Speed: 6.08 km/h  
Running performance: 9:15 min/km

Rank in course/Total: 449 (of 550)

Rank in course/Women: 120 (of 174)

Best time in course: 53:53

Rank in category: 22(of 34)

Best time in the category: 1:01:43