



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Pohl, Helene

Club: Laufladen Erfurt - OCR Team
Number: 540

Course: 9.60 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:32:08

Speed: 5.86 km/h
Running performance: 9:36 min/km

Rank in course/Total: 478 (of 550)
Rank in course/Women: 133 (of 174)
Best time in course: 53:53

Rank in category: 25(of 34)
Best time in the category: 1:01:43