



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Bonsack, Anja**

Club: Überholen ohne Einzuholen  
Number: 626

Course: 9.60 km  
Sprint

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:31:00

Speed: 5.93 km/h  
Running performance: 9:29 min/km

Rank in course/Total: 461 (of 550)

Rank in course/Men: 336 (of 376)

Best time in course: 43:28

Rank in category: 51(of 59)

Best time in the category: 54:10