



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Almroth, Sophie

Club: SV Emleben
Number: 162

Course: 9.60 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 1:31:31

Speed: 6.29 km/h
Running performance: 9:32 min/km

Rank in course/Total: 471 (of 550)
Rank in course/Women: 130 (of 174)
Best time in course: 53:53

Rank in category: 36(of 53)
Best time in the category: 59:48