



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Kappitz, Nicole**

Club: Kenias Reserveteam  
Number: 334

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:32:30

Speed: 5.84 km/h  
Running performance: 9:38 min/km

Rank in course/Total: 485 (of 550)  
Rank in course/Women: 136 (of 174)

Best time in course: 53:53

Rank in category: 18(of 20)  
Best time in the category: 1:02:43