



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: 6.23 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