



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Frankenhäuser, Nicole

Club: Kenias Reserveteam
Number: 294

Course: 9.60 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:32:22

Speed: 5.85 km/h
Running performance: 9:37 min/km

Rank in course/Total: 482 (of 550)
Rank in course/Women: 135 (of 174)

Best time in course: 53:53

Rank in category: 26(of 34)
Best time in the category: 1:01:43