



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Seifert, Manuela

Club: Gutenberg Gymnasium Erfurt
Number: 238

Course: 9.60 km
Sprint

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:39:21

Speed: 5.44 km/h
Running performance: 10:21 min/km

Rank in course/Total: 533 (of 550)
Rank in course/Women: 164 (of 174)

Best time in course: 53:53

Rank in category: 4(of 4)
Best time in the category: 1:04:51