



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Lenzer, Steffy

Club: Pilateszentrum Erfurt
Number: 618

Course: 9.60 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:36:27

Speed: 5.60 km/h
Running performance: 10:03 min/km

Rank in course/Total: 513 (of 550)
Rank in course/Women: 151 (of 174)

Best time in course: 53:53

Rank in category: 26(of 30)
Best time in the category: 1:04:32