



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Pfannstiel, Anke

Club: 3-Türme Racing Team
Number: 133

Course: 9.60 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:38:13

Speed: 5.50 km/h
Running performance: 10:14 min/km

Rank in course/Total: 528 (of 550)
Rank in course/Women: 158 (of 174)

Best time in course: 53:53

Rank in category: 28(of 30)
Best time in the category: 1:04:32