



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Mahar, Nadja

Club: Überholen ohne Einzuholen
Number: 570

Course: 9.60 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:38:05

Speed: 5.87 km/h
Running performance: 10:13 min/km

Rank in course/Total: 523 (of 550)
Rank in course/Women: 157 (of 174)

Best time in course: 53:53

Rank in category: 27(of 30)
Best time in the category: 1:04:32