



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Meißgeier, Lydia**

Club: Zeulenroda- Triebes  
Number: 340

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:36:40

Speed: 5.96 km/h  
Running performance: 10:04 min/km

Rank in course/Total: 515 (of 550)  
Rank in course/Women: 152 (of 174)  
Best time in course: 53:53

Rank in category: 29(of 34)  
Best time in the category: 1:01:43