



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: 5.59 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