



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Wilschewski, Heidi

Club: Lauf-Masche
Number: 116

Course: 9.60 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:01:43

Speed: 8.75 km/h
Running performance: 6:26 min/km

Rank in course/Total: 74 (of 550)

Rank in course/Women: 4 (of 174)

Best time in course: 53:53

Rank in category: 1(of 34)

Best time in the category: 1:01:43