



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Henkel, Kirsten

Club: Running Gag  
Number: 265

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:44:02

Speed: 5.19 km/h  
Running performance: 10:50 min/km

Rank in course/Total: 536 (of 550)  
Rank in course/Women: 166 (of 174)

Best time in course: 53:53

Rank in category: 51(of 53)

Best time in the category: 59:48