



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Niemz, Carmen

Club: DG HYP BSG

Number: 1178

Course: 17.60 km

Expert

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:07:40

Speed: 8.27 km/h

Running performance: 7:15 min/km

Rank in course/Total: 272 (of 528)

Rank in course/Women: 20 (of 79)

Best time in course: 1:35:01

Rank in category: 3(of 8)

Best time in the category: 2:02:12