



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Werkmeister, Laura**

Club: WachbergWarriors  
Number: 1538

Course: 17.60 km  
Expert

Category:  
Frauen (20-29 Jahre)

Total time: 2:12:29

Speed: 7.70 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 314 (of 528)

Rank in course/Women: 25 (of 79)

Best time in course: 1:35:01

Rank in category: 6(of 14)

Best time in the category: 1:40:38