



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

### Schirlitz, Frances

Club: Vippacher Sport Orden  
Number: 1057

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:15:02

Speed: 7.55 km/h

Running performance: 7:40 min/km

Rank in course/Total: 341 (of 528)

Rank in course/Men: 313 (of 449)

Best time in course: 1:17:47

Rank in category: 74(of 101)

Best time in the category: 1:23:03