



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Pfotenhauer, Julia**

Club: Train hard with a Smile  
Number: 363

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:49:12

Speed: 4.95 km/h  
Running performance: 11:22 min/km

Rank in course/Total: 542 (of 550)  
Rank in course/Women: 169 (of 174)

Best time in course: 53:53

Rank in category: 52(of 53)  
Best time in the category: 59:48