



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Rose, Nicole

Club: Sportlerschmiede-HalbeLunge-Ilmenau  
Number: 56

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:46:49

Speed: 5.06 km/h  
Running performance: 11:08 min/km

Rank in course/Total: 538 (of 550)  
Rank in course/Women: 168 (of 174)

Best time in course: 53:53

Rank in category: 30(of 30)  
Best time in the category: 1:04:32