



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Ziermann, Anja

Club: Saalfeld
Number: 1558

Course: 17.60 km
Expert

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:20:39

Speed: 7.25 km/h
Running performance: 7:59 min/km

Rank in course/Total: 384 (of 528)

Rank in course/Women: 38 (of 79)

Best time in course: 1:35:01

Rank in category: 6(of 8)

Best time in the category: 2:02:12