



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Semm, Rona

Club: Rudolstadt
Number: 1444

Course: 17.60 km
Expert

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:23:13

Speed: 7.12 km/h
Running performance: 8:08 min/km

Rank in course/Total: 400 (of 528)

Rank in course/Women: 41 (of 79)

Best time in course: 1:35:01

Rank in category: 10(of 22)

Best time in the category: 1:35:01