



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Synke, Schade**

Club: Laufladen Erfurt - OCR Team  
Number: 1484

Course: 17.60 km

Expert

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:29:03

Speed: 7.08 km/h

Running performance: 8:28 min/km

Rank in course/Total: 442 (of 528)

Rank in course/Women: 56 (of 79)

Best time in course: 1:35:01

Rank in category: 15(of 22)

Best time in the category: 1:35:01