



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hagen, Carmen

Club: Running Gag  
Number: 268

Course: 9.60 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 2:00:29

Speed: 4.48 km/h  
Running performance: 12:33 min/km

Rank in course/Total: 547 (of 550)  
Rank in course/Women: 172 (of 174)

Best time in course: 53:53

Rank in category: 53(of 53)

Best time in the category: 59:48