



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Stephan, Anke

Club: Jena

Number: 1470

Course: 17.60 km

Expert

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:23:21

Speed: 7.12 km/h

Running performance: 8:08 min/km

Rank in course/Total: 403 (of 528)

Rank in course/Women: 43 (of 79)

Best time in course: 1:35:01

Rank in category: 7(of 11)

Best time in the category: 1:52:05