



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Seidel, Antje**

Club: Harzer Kreuzritter  
Number: 1167

Course: 17.60 km  
Expert

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:27:09

Speed: 6.93 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 432 (of 528)

Rank in course/Women: 52 (of 79)

Best time in course: 1:35:01

Rank in category: 7(of 8)

Best time in the category: 2:02:12