



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Elsässer, Gisela

Club: Laufladen Erfurt - OCR Team
Number: 1499

Course: 17.60 km

Expert

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 2:24:51

Speed: 7.29 km/h

Running performance: 8:14 min/km

Rank in course/Total: 409 (of 528)

Rank in course/Women: 45 (of 79)

Best time in course: 1:35:01

Rank in category: 1(of 1)

Best time in the category: 2:24:51