



7. Lindenblütencross  
Walschleben / 25.06.2017

Detailed evaluation

Helmert, Steffi

Club: Walschleben  
Number: 109

Course: 5.60 km  
Jedermannslauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 42:02

Speed: 7.14 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 51 (of 53)  
Rank in course/Women: 20 (of 21)  
Best time in course: 29:07

Rank in category: 4(of 4)  
Best time in the category: 30:48