



Helbing King of Cross
Mühlberg / 30.10.2016

□□□□

Seifert, Manuela

□□: Gutenberg Gymnasium Erfurt

□□: 238

□□: 9.60 km

Sprint

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 1:39:21

□□: 5.80 km/h

□□□□: 10:21 min/km

□□□□□/□□□: 533 (of 550)

□□□□□/□: 164 (of 174)

□□□□□□: 53:53

□□□□□: 4(of 4)

□□□□□□□: 1:04:51