



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Bender, Michael**

Club: Erfurt  
Number: 36

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:01:21

Speed: 8.80 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 66 (of 550)

Rank in course/Men: 63 (of 376)

Best time in course: 43:28

Rank in category: 4(of 30)

Best time in the category: 55:00