



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Nitschke, Torsten

Club: Pulsmonster
Number: 98

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:02:12

Speed: 8.68 km/h
Running performance: 6:29 min/km

Rank in course/Total: 76 (of 550)

Rank in course/Men: 72 (of 376)

Best time in course: 43:28

Rank in category: 16(of 57)

Best time in the category: 49:42