



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Franz, Michael

Club: THORWART

Number: 385

Course: 9.60 km

Sprint

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:03:25

Speed: 8.52 km/h

Running performance: 6:37 min/km

Rank in course/Total: 94 (of 550)

Rank in course/Men: 89 (of 376)

Best time in course: 43:28

Rank in category: 16(of 74)

Best time in the category: 50:49