



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Bamberger, Martin

Club: Crossfit Erfurt
Number: 283

Course: 9.60 km
Sprint

Category:
Männer (20-29 Jahre)

Total time: 1:03:57

Speed: 9.01 km/h
Running performance: 6:40 min/km

Rank in course/Total: 101 (of 550)

Rank in course/Men: 94 (of 376)

Best time in course: 43:28

Rank in category: 23(of 94)

Best time in the category: 43:28