



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Erfurt, Matthias

Club: Die Königsberger Klöppe
Number: 377

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:43

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 98 (of 550)

Rank in course/Men: 93 (of 376)

Best time in course: 43:28

Rank in category: 18(of 57)

Best time in the category: 49:42