



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Helbig, Matthias

Club: Team Killerwade
Number: 197

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:10

Speed: 8.55 km/h
Running performance: 6:35 min/km

Rank in course/Total: 91 (of 550)

Rank in course/Men: 86 (of 376)

Best time in course: 43:28

Rank in category: 17(of 57)

Best time in the category: 49:42