



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Helbing, Michael

Club: Erfurt  
Number: 217

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:04:38

Speed: 8.35 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 115 (of 550)

Rank in course/Men: 106 (of 376)

Best time in course: 43:28

Rank in category: 19(of 57)

Best time in the category: 49:42