



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

hanelt, ray

Club: Gera

Number: 231

Course: 9.60 km

Sprint

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:04:10

Speed: 8.42 km/h

Running performance: 6:41 min/km

Rank in course/Total: 103 (of 550)

Rank in course/Men: 95 (of 376)

Best time in course: 43:28

Rank in category: 8(of 30)

Best time in the category: 55:00