



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Friedrich, Kai

Club: Sportfreunde Zeigerheim  
Number: 365

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 52:51

Speed: 10.22 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 16 (of 550)

Rank in course/Men: 16 (of 376)

Best time in course: 43:28

Rank in category: 4(of 57)

Best time in the category: 49:42