



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Werisch, Ingolf**

Club: Faschinger of Cross  
Number: 194

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:06:16

Speed: 8.69 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 132 (of 550)

Rank in course/Men: 121 (of 376)

Best time in course: 43:28

Rank in category: 15(of 30)

Best time in the category: 55:00