



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Grauert, Rene

Club: Pulsmonster
Number: 97

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:06:41

Speed: 8.64 km/h
Running performance: 6:57 min/km

Rank in course/Total: 147 (of 550)

Rank in course/Men: 135 (of 376)

Best time in course: 43:28

Rank in category: 25(of 57)

Best time in the category: 49:42