



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Schleißing, Stephan

Club: Crossfit Erfurt
Number: 279

Course: 9.60 km
Sprint

Category:
Männer (20-29 Jahre)

Total time: 1:06:40

Speed: 8.64 km/h
Running performance: 6:56 min/km

Rank in course/Total: 146 (of 550)

Rank in course/Men: 134 (of 376)

Best time in course: 43:28

Rank in category: 32(of 94)

Best time in the category: 43:28