



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Guder, Steffen**

Club: Bleicherode  
Number: 512

Course: 9.60 km  
Sprint

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:06:22

Speed: 8.68 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 135 (of 550)

Rank in course/Men: 124 (of 376)

Best time in course: 43:28

Rank in category: 5(of 17)

Best time in the category: 48:54