



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Herzer, Heiko

Club: Arnstadt läuft  
Number: 470

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:06:29

Speed: 8.66 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 141 (of 550)

Rank in course/Men: 126 (of 376)

Best time in course: 43:28

Rank in category: 22(of 57)

Best time in the category: 49:42