



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Hesse, Jan

Club: Bamberg
Number: 151

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:07:26

Speed: 8.54 km/h
Running performance: 7:01 min/km

Rank in course/Total: 159 (of 550)

Rank in course/Men: 145 (of 376)

Best time in course: 43:28

Rank in category: 26(of 74)

Best time in the category: 50:49