



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Went, Nils**

Club: Freude am Laufen Team  
Number: 1149

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:07:39

Speed: 8.51 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 168 (of 550)

Rank in course/Men: 150 (of 376)

Best time in course: 43:28

Rank in category: 28(of 74)

Best time in the category: 50:49