



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Heinz, Marcus

Club: Crossfit Erfurt
Number: 282

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:07:15

Speed: 8.03 km/h
Running performance: 7:01 min/km

Rank in course/Total: 154 (of 550)

Rank in course/Men: 142 (of 376)

Best time in course: 43:28

Rank in category: 25(of 74)

Best time in the category: 50:49