



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Nebel, Jochen

Club: HELBING

Number: 410

Course: 9.60 km

Sprint

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:13

Speed: 8.44 km/h

Running performance: 7:07 min/km

Rank in course/Total: 185 (of 550)

Rank in course/Men: 162 (of 376)

Best time in course: 43:28

Rank in category: 24(of 59)

Best time in the category: 54:10