



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Danke, Matthias

Club: Freude am Laufen Team
Number: 1147

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:07:39

Speed: 7.98 km/h
Running performance: 7:03 min/km

Rank in course/Total: 169 (of 550)

Rank in course/Men: 150 (of 376)

Best time in course: 43:28

Rank in category: 21(of 59)

Best time in the category: 54:10