



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Scholz, Maik

Club: NightRun Coburg RunningTeam
Number: 527

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:08:31

Speed: 7.88 km/h
Running performance: 7:08 min/km

Rank in course/Total: 189 (of 550)

Rank in course/Men: 164 (of 376)

Best time in course: 43:28

Rank in category: 17(of 30)

Best time in the category: 55:00