



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Brodmann, Ralf

Club: HELBING

Number: 412

Course: 9.60 km

Sprint

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:11:30

Speed: 7.55 km/h

Running performance: 7:27 min/km

Rank in course/Total: 242 (of 550)

Rank in course/Men: 200 (of 376)

Best time in course: 43:28

Rank in category: 29(of 57)

Best time in the category: 49:42