



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Schulz, Holger

Club: Faschinger of Cross
Number: 218

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:11:40

Speed: 7.53 km/h
Running performance: 7:28 min/km

Rank in course/Total: 247 (of 550)

Rank in course/Men: 204 (of 376)

Best time in course: 43:28

Rank in category: 31(of 57)

Best time in the category: 49:42