



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Wolfram, Martin

Club: Pilateszentrum Erfurt
Number: 311

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:12:28

Speed: 7.45 km/h
Running performance: 7:33 min/km

Rank in course/Total: 257 (of 550)

Rank in course/Men: 214 (of 376)

Best time in course: 43:28

Rank in category: 42(of 74)

Best time in the category: 50:49