



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hauptfleisch, Mario

Club: Pulsmonster  
Number: 95

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:10:37

Speed: 7.65 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 225 (of 550)

Rank in course/Men: 190 (of 376)

Best time in course: 43:28

Rank in category: 27(of 57)

Best time in the category: 49:42