



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Werner, Frank

Club: Pilateszentrum Erfurt
Number: 596

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:11:20

Speed: 7.57 km/h
Running performance: 7:26 min/km

Rank in course/Total: 240 (of 550)

Rank in course/Men: 198 (of 376)

Best time in course: 43:28

Rank in category: 28(of 57)

Best time in the category: 49:42