



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Schröder, Michael

Club: Eisenach
Number: 150

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:09

Speed: 10.56 km/h
Running performance: 5:20 min/km

Rank in course/Total: 11 (of 550)

Rank in course/Men: 11 (of 376)

Best time in course: 43:28

Rank in category: 3(of 57)

Best time in the category: 49:42