



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Meister, Mirko

Number: 619

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:09:36

Speed: 7.76 km/h

Running performance: 7:15 min/km

Rank in course/Total: 208 (of 550)

Rank in course/Men: 176 (of 376)

Best time in course: 43:28

Rank in category: 18(of 30)

Best time in the category: 55:00