



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Reichwald, Michael

Club: 500gr Gehacktes
Number: 302

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:10:02

Speed: 7.71 km/h
Running performance: 7:18 min/km

Rank in course/Total: 218 (of 550)

Rank in course/Men: 184 (of 376)

Best time in course: 43:28

Rank in category: 37(of 74)

Best time in the category: 50:49