



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Günther, Thomas

Club: Lauf-Masche
Number: 322

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 54:16

Speed: 9.95 km/h
Running performance: 5:39 min/km

Rank in course/Total: 22 (of 550)

Rank in course/Men: 21 (of 376)

Best time in course: 43:28

Rank in category: 3(of 74)

Best time in the category: 50:49