



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Liebold, Silvio

Club: Hooman Runners  
Number: 337

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:09:37

Speed: 8.27 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 211 (of 550)

Rank in course/Men: 178 (of 376)

Best time in course: 43:28

Rank in category: 19(of 30)

Best time in the category: 55:00