



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Ackermann, Stefan

Club: SV Emleben
Number: 154

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:08:49

Speed: 8.37 km/h
Running performance: 7:10 min/km

Rank in course/Total: 197 (of 550)

Rank in course/Men: 168 (of 376)

Best time in course: 43:28

Rank in category: 25(of 59)

Best time in the category: 54:10