



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Wagner, Florian

Club: Crossfit Erfurt
Number: 281

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:02:15

Speed: 8.67 km/h
Running performance: 6:29 min/km

Rank in course/Total: 78 (of 550)

Rank in course/Men: 73 (of 376)

Best time in course: 43:28

Rank in category: 10(of 74)

Best time in the category: 50:49