



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Sahr, Stefan**

Club: TEAM SCHMALER  
Number: 177

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:00

Speed: 10.47 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 28 (of 550)

Rank in course/Men: 27 (of 376)

Best time in course: 43:28

Rank in category: 1(of 30)

Best time in the category: 55:00