



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Mensel, Ronny

Club: THE PURE NATURE CLAN
Number: 461

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:13:35

Speed: 7.83 km/h
Running performance: 7:40 min/km

Rank in course/Total: 267 (of 550)

Rank in course/Men: 222 (of 376)

Best time in course: 43:28

Rank in category: 33(of 59)

Best time in the category: 54:10