



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Woick, Torsten**

Club: Leipzig  
Number: 519

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:16:12

Speed: 7.56 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 311 (of 550)

Rank in course/Men: 255 (of 376)

Best time in course: 43:28

Rank in category: 26(of 30)

Best time in the category: 55:00