



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Bachmann, Sylvio**

Club: HELBING

Number: 399

Course: 9.60 km

Sprint

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:08

Speed: 9.98 km/h

Running performance: 5:38 min/km

Rank in course/Total: 20 (of 550)

Rank in course/Men: 19 (of 376)

Best time in course: 43:28

Rank in category: 5(of 57)

Best time in the category: 49:42