



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Kubias, Christopher

Club: Ulla

Number: 169

Course: 9.60 km

Sprint

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:13:37

Speed: 7.34 km/h

Running performance: 7:40 min/km

Rank in course/Total: 268 (of 550)

Rank in course/Men: 223 (of 376)

Best time in course: 43:28

Rank in category: 44(of 74)

Best time in the category: 50:49