



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Boy, Steffen

Club: Faschinger of Cross
Number: 191

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:15:26

Speed: 7.16 km/h
Running performance: 7:52 min/km

Rank in course/Total: 294 (of 550)

Rank in course/Men: 246 (of 376)

Best time in course: 43:28

Rank in category: 38(of 57)

Best time in the category: 49:42