



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Eßmann, Eric

Club: Berlin
Number: 255

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:16:35

Speed: 7.05 km/h
Running performance: 7:59 min/km

Rank in course/Total: 317 (of 550)

Rank in course/Men: 260 (of 376)

Best time in course: 43:28

Rank in category: 49(of 74)

Best time in the category: 50:49