



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Erdmann, Mirko

Club: THE PURE NATURE CLAN  
Number: 462

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:14:04

Speed: 7.29 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 275 (of 550)

Rank in course/Men: 229 (of 376)

Best time in course: 43:28

Rank in category: 34(of 57)

Best time in the category: 49:42