



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Uth, Stefan

Club: Ifta

Number: 63

Course: 9.60 km

Sprint

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:13:37

Speed: 7.34 km/h

Running performance: 7:40 min/km

Rank in course/Total: 269 (of 550)

Rank in course/Men: 223 (of 376)

Best time in course: 43:28

Rank in category: 34(of 59)

Best time in the category: 54:10