



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Junker, Dirk

Club: Die Schöne und die Biester
Number: 440

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:15:39

Speed: 7.14 km/h
Running performance: 7:53 min/km

Rank in course/Total: 299 (of 550)

Rank in course/Men: 249 (of 376)

Best time in course: 43:28

Rank in category: 39(of 57)

Best time in the category: 49:42