



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Kirchberg, Martin

Club: HELBING

Number: 404

Course: 9.60 km

Sprint

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:14:18

Speed: 7.75 km/h

Running performance: 7:44 min/km

Rank in course/Total: 282 (of 550)

Rank in course/Men: 233 (of 376)

Best time in course: 43:28

Rank in category: 23(of 30)

Best time in the category: 55:00