



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Federbusch, Ralf

Club: THE PURE NATURE CLAN
Number: 457

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:04

Speed: 7.78 km/h
Running performance: 7:43 min/km

Rank in course/Total: 276 (of 550)

Rank in course/Men: 229 (of 376)

Best time in course: 43:28

Rank in category: 22(of 30)

Best time in the category: 55:00