



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Eck, Henry

Club: 5 gewinnt
Number: 341

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:16:08

Speed: 7.09 km/h
Running performance: 7:56 min/km

Rank in course/Total: 309 (of 550)

Rank in course/Men: 253 (of 376)

Best time in course: 43:28

Rank in category: 41(of 57)

Best time in the category: 49:42