



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Grau, Andre

Club: TEAM SCHMALER

Number: 175

Course: 9.60 km

Sprint

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:34

Speed: 9.90 km/h

Running performance: 5:41 min/km

Rank in course/Total: 25 (of 550)

Rank in course/Men: 24 (of 376)

Best time in course: 43:28

Rank in category: 6(of 57)

Best time in the category: 49:42