



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Silge, Marco**

Club: N3 Sportverein e.V.  
Number: 207

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:13:03

Speed: 7.39 km/h  
Running performance: 7:37 min/km

Rank in course/Total: 262 (of 550)

Rank in course/Men: 216 (of 376)

Best time in course: 43:28

Rank in category: 43(of 74)

Best time in the category: 50:49