



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Wittchow, Martin

Club: 500gr Gehacktes
Number: 300

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:17:25

Speed: 7.44 km/h
Running performance: 8:04 min/km

Rank in course/Total: 322 (of 550)

Rank in course/Men: 265 (of 376)

Best time in course: 43:28

Rank in category: 51(of 74)

Best time in the category: 50:49