



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hellström, Kai

Club: THE PURE NATURE CLAN  
Number: 460

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:19:57

Speed: 6.75 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 352 (of 550)

Rank in course/Men: 280 (of 376)

Best time in course: 43:28

Rank in category: 45(of 57)

Best time in the category: 49:42