



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: 7.20 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