



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Steinmetz, Mario**

Club: Gutenberg Gymnasium Erfurt  
Number: 239

Course: 9.60 km  
Sprint

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:19:42

Speed: 6.78 km/h  
Running performance: 8:18 min/km

Rank in course/Total: 349 (of 550)

Rank in course/Men: 279 (of 376)

Best time in course: 43:28

Rank in category: 11(of 17)

Best time in the category: 48:54