



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Blume, Michael

Club: Kassel
Number: 203

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:20:45

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 357 (of 550)

Rank in course/Men: 284 (of 376)

Best time in course: 43:28

Rank in category: 54(of 74)

Best time in the category: 50:49