



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Kreußel, Alexander

Club: Cool Runnings  
Number: 451

Course: 9.60 km  
Sprint

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:19:58

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

Rank in course/Total: 353 (of 550)

Rank in course/Men: 281 (of 376)

Best time in course: 43:28

Rank in category: 43(of 59)

Best time in the category: 54:10