



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Biester, Franz**

Club: Dirty Runners Bad Tennstedt  
Number: 22

Course: 9.60 km  
Sprint

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:19:37

Speed: 6.78 km/h  
Running performance: 8:17 min/km

Rank in course/Total: 348 (of 550)

Rank in course/Women: 70 (of 174)

Best time in course: 53:53

Rank in category: 12(of 30)

Best time in the category: 1:04:32