



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

John, Peter

Club: Bauer sucht Schlamm  
Number: 700

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:17:06

Speed: 7.47 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 318 (of 550)

Rank in course/Men: 261 (of 376)

Best time in course: 43:28

Rank in category: 42(of 57)

Best time in the category: 49:42