



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Ickrath, Sebastian

Club: Mühlberg Warriors  
Number: 24

Course: 9.60 km  
Sprint

Category:  
Senioren M35 (35-39 Jahre)

Total time: 57:31

Speed: 10.01 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 37 (of 550)

Rank in course/Men: 36 (of 376)

Best time in course: 43:28

Rank in category: 3(of 59)

Best time in the category: 54:10