



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Sendler, Marco

Club: Cool Runnings
Number: 455

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:19:32

Speed: 7.24 km/h
Running performance: 8:17 min/km

Rank in course/Total: 347 (of 550)

Rank in course/Men: 277 (of 376)

Best time in course: 43:28

Rank in category: 41(of 59)

Best time in the category: 54:10