



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Heß, Oliver

Club: Bauer sucht Schlamm  
Number: 187

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:17:06

Speed: 7.00 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 319 (of 550)

Rank in course/Men: 261 (of 376)

Best time in course: 43:28

Rank in category: 50(of 74)

Best time in the category: 50:49