



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Henkel, Thomas

Club: Cool Runnings
Number: 453

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:18:35

Speed: 7.33 km/h
Running performance: 8:11 min/km

Rank in course/Total: 333 (of 550)

Rank in course/Men: 269 (of 376)

Best time in course: 43:28

Rank in category: 39(of 59)

Best time in the category: 54:10