



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Seyeda, Gregor

Club: Cool Running
Number: 213

Course: 9.60 km
Sprint

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 1:22:40

Speed: 6.53 km/h
Running performance: 8:37 min/km

Rank in course/Total: 380 (of 550)

Rank in course/Men: 297 (of 376)

Best time in course: 43:28

Rank in category: 11(of 11)

Best time in the category: 48:54