



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Keim, Sascha

Club: NightRun Coburg RunningTeam
Number: 529

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:21:35

Speed: 7.06 km/h
Running performance: 8:30 min/km

Rank in course/Total: 369 (of 550)

Rank in course/Men: 290 (of 376)

Best time in course: 43:28

Rank in category: 28(of 30)

Best time in the category: 55:00