



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Saupe, PAtrick

Club: Cool Running
Number: 210

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:22:40

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

Rank in course/Total: 381 (of 550)

Rank in course/Men: 297 (of 376)

Best time in course: 43:28

Rank in category: 46(of 59)

Best time in the category: 54:10