



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Steinberg, Kai

Club: Crossfit Erfurt
Number: 278

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:21:45

Speed: 7.05 km/h
Running performance: 8:31 min/km

Rank in course/Total: 370 (of 550)

Rank in course/Men: 291 (of 376)

Best time in course: 43:28

Rank in category: 47(of 57)

Best time in the category: 49:42