



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: 6.61 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