



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Spangenberg, Rene

Club: Bodycross Gotha
Number: 71

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:22:16

Speed: 6.56 km/h
Running performance: 8:34 min/km

Rank in course/Total: 378 (of 550)

Rank in course/Men: 295 (of 376)

Best time in course: 43:28

Rank in category: 45(of 59)

Best time in the category: 54:10