



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Wenskus, Daniel

Club: CrossFit Kahuna Gera
Number: 557

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 57:26

Speed: 9.40 km/h
Running performance: 5:59 min/km

Rank in course/Total: 36 (of 550)

Rank in course/Men: 35 (of 376)

Best time in course: 43:28

Rank in category: 7(of 57)

Best time in the category: 49:42