



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Ennemann, Thomas**

Club: Klipphausen  
Number: 472

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:21:57

Speed: 7.03 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 373 (of 550)

Rank in course/Men: 293 (of 376)

Best time in course: 43:28

Rank in category: 29(of 30)

Best time in the category: 55:00