



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Thöring, Benjamin**

Club: Running Gag  
Number: 271

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:25:05

Speed: 6.77 km/h  
Running performance: 8:52 min/km

Rank in course/Total: 417 (of 550)

Rank in course/Men: 316 (of 376)

Best time in course: 43:28

Rank in category: 57(of 74)

Best time in the category: 50:49