



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Unglaub, Kay

Club: Crossfit Erfurt  
Number: 284

Course: 9.60 km  
Sprint

Category:  
Männer (20-29 Jahre)

Total time: 1:09:47

Speed: 7.74 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 217 (of 550)

Rank in course/Men: 183 (of 376)

Best time in course: 43:28

Rank in category: 43(of 94)

Best time in the category: 43:28