



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Scheffel, Michael**

Club: CrossFit Kahuna Gera  
Number: 593

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:27:16

Speed: 6.60 km/h  
Running performance: 9:05 min/km

Rank in course/Total: 433 (of 550)

Rank in course/Men: 324 (of 376)

Best time in course: 43:28

Rank in category: 54(of 57)

Best time in the category: 49:42