



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Metzner, Maik

Club: Schöneck
Number: 503

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:25:28

Speed: 6.74 km/h
Running performance: 8:54 min/km

Rank in course/Total: 420 (of 550)

Rank in course/Men: 319 (of 376)

Best time in course: 43:28

Rank in category: 52(of 57)

Best time in the category: 49:42