



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Lang, Sebastian

Club: sportklinik.Erfurt
Number: 509

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:31:20

Speed: 6.31 km/h
Running performance: 9:31 min/km

Rank in course/Total: 463 (of 550)

Rank in course/Men: 337 (of 376)

Best time in course: 43:28

Rank in category: 52(of 59)

Best time in the category: 54:10