



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

### Sparbrod, Moritz

Club: sc impuls erfurt  
Number: 590

Course: 9.60 km  
Sprint

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 46:47

Speed: 11.54 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 4 (of 550)

Rank in course/Men: 4 (of 376)

Best time in course: 43:28

Rank in category: 1(of 10)

Best time in the category: 46:47