



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Gaedicke, Christian

Club: Großvargula
Number: 483

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:32:14

Speed: 5.85 km/h
Running performance: 9:37 min/km

Rank in course/Total: 479 (of 550)

Rank in course/Men: 345 (of 376)

Best time in course: 43:28

Rank in category: 55(of 57)

Best time in the category: 49:42