



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Gruhn, Markus

Club: N3 Sportverein e.V.
Number: 216

Course: 9.60 km
Sprint

Category:
Männer (20-29 Jahre)

Total time: 1:29:44

Speed: 6.42 km/h
Running performance: 9:21 min/km

Rank in course/Total: 456 (of 550)

Rank in course/Men: 334 (of 376)

Best time in course: 43:28

Rank in category: 81(of 94)

Best time in the category: 43:28