



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Kohlstedt, Sören

Club: sportklinik.Erfurt  
Number: 482

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:31:20

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

Rank in course/Total: 468 (of 550)

Rank in course/Men: 337 (of 376)

Best time in course: 43:28

Rank in category: 64(of 74)

Best time in the category: 50:49