



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Michi, Heiko

Club: Erfurt
Number: 484

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:32:15

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

Rank in course/Total: 481 (of 550)

Rank in course/Men: 346 (of 376)

Best time in course: 43:28

Rank in category: 30(of 30)

Best time in the category: 55:00