



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Popp, Thomas**

Club: Lauftreff Salomé  
Number: 550

Course: 9.60 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 59:52

Speed: 9.02 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 52 (of 550)

Rank in course/Men: 50 (of 376)

Best time in course: 43:28

Rank in category: 3(of 30)

Best time in the category: 55:00