



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Kampmeier, Josef

Club: Delbrück  
Number: 224

Course: 9.60 km  
Sprint

Category:  
Männer (20-29 Jahre)

Total time: 1:31:50

Speed: 6.27 km/h  
Running performance: 9:34 min/km

Rank in course/Total: 472 (of 550)

Rank in course/Men: 342 (of 376)

Best time in course: 43:28

Rank in category: 84(of 94)

Best time in the category: 43:28