



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Ebert, Thomas

Club: Kenias Reserveteam
Number: 230

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:32:30

Speed: 6.23 km/h
Running performance: 9:38 min/km

Rank in course/Total: 486 (of 550)

Rank in course/Men: 349 (of 376)

Best time in course: 43:28

Rank in category: 67(of 74)

Best time in the category: 50:49