



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Fricke, Christian

Club: Einzelkämpfer
Number: 381

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:32:36

Speed: 6.22 km/h
Running performance: 9:39 min/km

Rank in course/Total: 491 (of 550)

Rank in course/Men: 353 (of 376)

Best time in course: 43:28

Rank in category: 69(of 74)

Best time in the category: 50:49