



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Seebach, Erik

Club: Überholen ohne Einzuholen
Number: 585

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:40

Speed: 8.76 km/h
Running performance: 6:25 min/km

Rank in course/Total: 72 (of 550)

Rank in course/Men: 69 (of 376)

Best time in course: 43:28

Rank in category: 13(of 57)

Best time in the category: 49:42