



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Langer, Frank

Club: THORWART
Number: 383

Course: 9.60 km
Sprint

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:34:26

Speed: 5.72 km/h
Running performance: 9:50 min/km

Rank in course/Total: 508 (of 550)

Rank in course/Men: 362 (of 376)

Best time in course: 43:28

Rank in category: 17(of 17)

Best time in the category: 48:54