



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Fröhlich, Rainer**

Club: Train hard with a Smile  
Number: 353

Course: 9.60 km  
Sprint

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:33:06

Speed: 6.19 km/h  
Running performance: 9:42 min/km

Rank in course/Total: 495 (of 550)

Rank in course/Men: 354 (of 376)

Best time in course: 43:28

Rank in category: 15(of 17)

Best time in the category: 48:54