



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Winter, Manfred

Club: Jena

Number: 522

Course: 9.60 km

Sprint

Category:

Männer (20-29 Jahre)

Total time: 1:09:40

Speed: 7.75 km/h

Running performance: 7:16 min/km

Rank in course/Total: 212 (of 550)

Rank in course/Men: 180 (of 376)

Best time in course: 43:28

Rank in category: 42(of 94)

Best time in the category: 43:28