



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Grafe, Toralf**

Club: Nordhausen  
Number: 259

Course: 9.60 km  
Sprint

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:01:18

Speed: 8.81 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 64 (of 550)

Rank in course/Men: 61 (of 376)

Best time in course: 43:28

Rank in category: 3(of 17)

Best time in the category: 48:54