



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Gerlach, Martin

Club: HELBING  
Number: 396

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 59:48

Speed: 9.03 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 51 (of 550)

Rank in course/Men: 49 (of 376)

Best time in course: 43:28

Rank in category: 8(of 74)

Best time in the category: 50:49