



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Fröhlich, Robin

Club: Train hard with a Smile
Number: 358

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:39:45

Speed: 5.77 km/h
Running performance: 10:23 min/km

Rank in course/Total: 535 (of 550)

Rank in course/Men: 370 (of 376)

Best time in course: 43:28

Rank in category: 73(of 74)

Best time in the category: 50:49