



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Löwe, Sten**

Club: HELBING  
Number: 398

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:00:53

Speed: 8.87 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 61 (of 550)

Rank in course/Men: 58 (of 376)

Best time in course: 43:28

Rank in category: 9(of 57)

Best time in the category: 49:42