



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Löser, Raik**

Club: HELBING  
Number: 397

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:42

Speed: 11.59 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 7 (of 550)

Rank in course/Men: 7 (of 376)

Best time in course: 43:28

Rank in category: 1(of 57)

Best time in the category: 49:42