



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Hofmann, Mario**

Club: Crossfit Erfurt  
Number: 280

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:01:33

Speed: 8.77 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 71 (of 550)

Rank in course/Men: 68 (of 376)

Best time in course: 43:28

Rank in category: 9(of 74)

Best time in the category: 50:49