



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: 9.36 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