



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Niessner, Dirk

Club: 500gr Gehacktes  
Number: 298

Course: 9.60 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:18:40

Speed: 6.86 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 337 (of 550)

Rank in course/Men: 273 (of 376)

Best time in course: 43:28

Rank in category: 44(of 57)

Best time in the category: 49:42