



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: 7.32 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