



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Braun, Kay

Club: Running Gag
Number: 272

Course: 9.60 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:57:18

Speed: 4.60 km/h
Running performance: 12:13 min/km

Rank in course/Total: 546 (of 550)

Rank in course/Men: 374 (of 376)

Best time in course: 43:28

Rank in category: 58(of 59)

Best time in the category: 54:10