



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Walde, Thomas

Club: Train hard with a Smile
Number: 360

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:11:38

Speed: 8.04 km/h
Running performance: 7:28 min/km

Rank in course/Total: 245 (of 550)

Rank in course/Men: 202 (of 376)

Best time in course: 43:28

Rank in category: 20(of 30)

Best time in the category: 55:00