



Helbing King of Cross
Mühlberg / 30.10.2016

□□□□

Walde, Thomas

□□: Train hard with a Smile

□□: 360

□□: 9.60 km

Sprint

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:11:38

□□: 8.04 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 245 (of 550)

□□□□□/□: 202 (of 376)

□□□□□□: 43:28

□□□□□: 20(of 30)

□□□□□□□: 55:00