



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Heß, Karsten

Club: FraLuKa
Number: 1285

Course: 17.60 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:35:13

Speed: 6.57 km/h
Running performance: 8:49 min/km

Rank in course/Total: 476 (of 528)

Rank in course/Men: 412 (of 449)

Best time in course: 1:17:47

Rank in category: 27(of 28)

Best time in the category: 1:24:41