



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Kahrs, Christian**

Club: Rotenburg  
Number: 1427

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:30:54

Speed: 6.76 km/h  
Running performance: 8:34 min/km

Rank in course/Total: 454 (of 528)

Rank in course/Men: 397 (of 449)

Best time in course: 1:17:47

Rank in category: 85(of 97)

Best time in the category: 1:19:26