



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Krause, Heiko

Club: Kernkraft Gera
Number: 1098

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:14

Speed: 6.76 km/h
Running performance: 8:53 min/km

Rank in course/Total: 484 (of 528)

Rank in course/Men: 417 (of 449)

Best time in course: 1:17:47

Rank in category: 42(of 48)

Best time in the category: 1:32:16