



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Goder, Arvid

Club: Slow motion runners
Number: 1187

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:40:28

Speed: 6.36 km/h

Running performance: 9:07 min/km

Rank in course/Total: 497 (of 528)

Rank in course/Men: 425 (of 449)

Best time in course: 1:17:47

Rank in category: 44(of 48)

Best time in the category: 1:32:16