



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Henneberg, Alexander

Club: Outdoor Bodymovement
Number: 1276

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:41:20

Speed: 6.32 km/h

Running performance: 9:10 min/km

Rank in course/Total: 502 (of 528)

Rank in course/Men: 429 (of 449)

Best time in course: 1:17:47

Rank in category: 46(of 48)

Best time in the category: 1:32:16