



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Grüßung, Marco**

Club: Slow motion runners  
Number: 1185

Course: 17.60 km

Expert

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:40:29

Speed: 6.58 km/h

Running performance: 9:07 min/km

Rank in course/Total: 501 (of 528)

Rank in course/Men: 427 (of 449)

Best time in course: 1:17:47

Rank in category: 54(of 55)

Best time in the category: 1:23:41