



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: 6.36 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