



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Bänisch, Dieter

Club: Ospelt food GmbH
Number: 1019

Course: 17.60 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:57:55

Speed: 5.73 km/h
Running performance: 10:07 min/km

Rank in course/Total: 524 (of 528)

Rank in course/Men: 445 (of 449)

Best time in course: 1:17:47

Rank in category: 97(of 97)

Best time in the category: 1:19:26