



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Zahnke, Stefan

Club: Laufladen Erfurt - OCR Team
Number: 1498

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:57:55

Speed: 5.73 km/h

Running performance: 10:07 min/km

Rank in course/Total: 526 (of 528)

Rank in course/Men: 445 (of 449)

Best time in course: 1:17:47

Rank in category: 47(of 48)

Best time in the category: 1:32:16