



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Herfort, York

Club: Muddy Fox - Running Rocks e.V.
Number: 1349

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:19:10

Speed: 7.59 km/h

Running performance: 7:55 min/km

Rank in course/Total: 376 (of 528)

Rank in course/Men: 340 (of 449)

Best time in course: 1:17:47

Rank in category: 70(of 97)

Best time in the category: 1:19:26