



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Spiegler, Sebastian

Club: Erfurt
Number: 1269

Course: 17.60 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:41:48

Speed: 10.37 km/h
Running performance: 5:47 min/km

Rank in course/Total: 51 (of 528)

Rank in course/Men: 48 (of 449)

Best time in course: 1:17:47

Rank in category: 10(of 97)

Best time in the category: 1:19:26