



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Eisenberg, Frank

Club: Laufkundschaft
Number: 1606

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:32:36

Speed: 11.40 km/h
Running performance: 5:16 min/km

Rank in course/Total: 23 (of 528)

Rank in course/Men: 23 (of 449)

Best time in course: 1:17:47

Rank in category: 6(of 101)

Best time in the category: 1:23:03