



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Schrade, Andre**

Club: Pilateszentrum Erfurt  
Number: 600

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:07:40

Speed: 7.98 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 171 (of 550)

Rank in course/Men: 153 (of 376)

Best time in course: 43:28

Rank in category: 29(of 74)

Best time in the category: 50:49