



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Brändel, Maik**

Club: Outdoor Bodymovement  
Number: 1275

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:35:17

Speed: 10.70 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 29 (of 528)

Rank in course/Men: 28 (of 449)

Best time in course: 1:17:47

Rank in category: 7(of 97)

Best time in the category: 1:19:26