



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Langsch, Hans-Peter

Club: NightRun Coburg RunningTeam
Number: 531

Course: 9.60 km
Sprint

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:12:20

Speed: 7.96 km/h
Running performance: 7:32 min/km

Rank in course/Total: 255 (of 550)

Rank in course/Men: 213 (of 376)

Best time in course: 43:28

Rank in category: 3(of 3)

Best time in the category: 54:50