



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Liebold, Silvio

Club: Hooman Runners
Number: 337

Course: 9.60 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:09:37

Speed: 7.76 km/h
Running performance: 7:15 min/km

Rank in course/Total: 211 (of 550)

Rank in course/Men: 178 (of 376)

Best time in course: 43:28

Rank in category: 19(of 30)

Best time in the category: 55:00