



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Knüpper, Jörg

Club: Suhl

Number: 1474

Course: 17.60 km

Expert

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:43:09

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 58 (of 528)

Rank in course/Men: 55 (of 449)

Best time in course: 1:17:47

Rank in category: 3(of 28)

Best time in the category: 1:24:41