



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

deutschland, andreas

Club: Großneuhausen  
Number: 1339

Course: 17.60 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:42:19

Speed: 10.32 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 56 (of 528)

Rank in course/Men: 53 (of 449)

Best time in course: 1:17:47

Rank in category: 3(of 48)

Best time in the category: 1:32:16