



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Lotz, Carsten

Club: Roadrunner
Number: 1157

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:39:54

Speed: 10.21 km/h
Running performance: 5:41 min/km

Rank in course/Total: 43 (of 528)

Rank in course/Men: 41 (of 449)

Best time in course: 1:17:47

Rank in category: 11(of 101)

Best time in the category: 1:23:03