



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Liehr, Andreas

Club: Laufrausch Rudolstadt  
Number: 1292

Course: 17.60 km

Expert

Category:

Männer (20-29 Jahre)

Total time: 1:40:37

Speed: 10.14 km/h

Running performance: 5:43 min/km

Rank in course/Total: 45 (of 528)

Rank in course/Men: 43 (of 449)

Best time in course: 1:17:47

Rank in category: 13(of 108)

Best time in the category: 1:17:47