



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Weißhaar, Dirk

Club: Creuzburg
Number: 1441

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:44:25

Speed: 9.77 km/h
Running performance: 5:56 min/km

Rank in course/Total: 74 (of 528)

Rank in course/Men: 71 (of 449)

Best time in course: 1:17:47

Rank in category: 6(of 48)

Best time in the category: 1:32:16