



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Wolf, Jan**

Club: Erfurt  
Number: 1443

Course: 17.60 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:44:25

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

Rank in course/Total: 75 (of 528)

Rank in course/Men: 71 (of 449)

Best time in course: 1:17:47

Rank in category: 11(of 55)

Best time in the category: 1:23:41