



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Dembeck, Nils

Club: Logistikkommando der Bundeswehr
Number: 1524

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:46:52

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 94 (of 528)

Rank in course/Men: 91 (of 449)

Best time in course: 1:17:47

Rank in category: 24(of 101)

Best time in the category: 1:23:03