



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Heering, Alexander

Club: Cool Runnings  
Number: 1434

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:48:36

Speed: 9.39 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 110 (of 528)

Rank in course/Men: 105 (of 449)

Best time in course: 1:17:47

Rank in category: 20(of 97)

Best time in the category: 1:19:26