



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Abt, Marcel

Club: Walldorf
Number: 1514

Course: 17.60 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:48:13

Speed: 9.43 km/h
Running performance: 6:09 min/km

Rank in course/Total: 106 (of 528)

Rank in course/Men: 102 (of 449)

Best time in course: 1:17:47

Rank in category: 16(of 55)

Best time in the category: 1:23:41