



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Nachtwey, Frank

Club: HELBING

Number: 1439

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:41

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 91 (of 528)

Rank in course/Men: 88 (of 449)

Best time in course: 1:17:47

Rank in category: 8(of 48)

Best time in the category: 1:32:16