



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Scheda, Frank

Club: Erfurt
Number: 1160

Course: 17.60 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:46:55

Speed: 9.54 km/h
Running performance: 6:04 min/km

Rank in course/Total: 95 (of 528)

Rank in course/Men: 92 (of 449)

Best time in course: 1:17:47

Rank in category: 14(of 55)

Best time in the category: 1:23:41