



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Grosser, Torsten**

Club: Train hard with a Smile  
Number: 1344

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:45:34

Speed: 9.66 km/h

Running performance: 6:00 min/km

Rank in course/Total: 84 (of 528)

Rank in course/Men: 79 (of 449)

Best time in course: 1:17:47

Rank in category: 7(of 48)

Best time in the category: 1:32:16