



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Grau, André

Club: SVC OCR-Team
Number: 1431

Course: 17.60 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:49:52

Speed: 9.28 km/h
Running performance: 6:14 min/km

Rank in course/Total: 119 (of 528)

Rank in course/Men: 115 (of 449)

Best time in course: 1:17:47

Rank in category: 24(of 97)

Best time in the category: 1:19:26