



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: 9.61 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