



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Lehmann, Carsten

Club: Kernkraft Gera
Number: 1102

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:51:13

Speed: 9.17 km/h
Running performance: 6:19 min/km

Rank in course/Total: 131 (of 528)

Rank in course/Men: 125 (of 449)

Best time in course: 1:17:47

Rank in category: 11(of 48)

Best time in the category: 1:32:16