



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Kerst, Alexander

Club: Laufladen Erfurt - OCR Team
Number: 1489

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:47:41

Speed: 9.47 km/h

Running performance: 6:07 min/km

Rank in course/Total: 101 (of 528)

Rank in course/Men: 97 (of 449)

Best time in course: 1:17:47

Rank in category: 16(of 97)

Best time in the category: 1:19:26