



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Held, Andreas

Club: TCC-Sport
Number: 1087

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:54:43

Speed: 8.89 km/h
Running performance: 6:31 min/km

Rank in course/Total: 152 (of 528)

Rank in course/Men: 144 (of 449)

Best time in course: 1:17:47

Rank in category: 13(of 48)

Best time in the category: 1:32:16