



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Mamone, Stefano

Number: 1609

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:54:19

Speed: 9.24 km/h

Running performance: 6:30 min/km

Rank in course/Total: 148 (of 528)

Rank in course/Men: 140 (of 449)

Best time in course: 1:17:47

Rank in category: 37(of 101)

Best time in the category: 1:23:03