



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Knoth, Thomas

Club: SV Kalteneber
Number: 1046

Course: 17.60 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:53:58

Speed: 8.95 km/h
Running performance: 6:29 min/km

Rank in course/Total: 143 (of 528)

Rank in course/Men: 134 (of 449)

Best time in course: 1:17:47

Rank in category: 9(of 28)

Best time in the category: 1:24:41