



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Fritzsche, Uwe

Club: Life Runners
Number: 1481

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:53:12

Speed: 9.01 km/h
Running performance: 6:26 min/km

Rank in course/Total: 139 (of 528)

Rank in course/Men: 131 (of 449)

Best time in course: 1:17:47

Rank in category: 34(of 101)

Best time in the category: 1:23:03