



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Poike, Andreas**

Club: SG Adelsberg  
Number: 1059

Course: 17.60 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:58:28

Speed: 8.91 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 188 (of 528)

Rank in course/Men: 176 (of 449)

Best time in course: 1:17:47

Rank in category: 18(of 48)

Best time in the category: 1:32:16