



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Helbing, Andreas

Club: Laufladen Erfurt - OCR Team
Number: 1492

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:00:16

Speed: 8.48 km/h

Running performance: 6:50 min/km

Rank in course/Total: 198 (of 528)

Rank in course/Men: 185 (of 449)

Best time in course: 1:17:47

Rank in category: 45(of 101)

Best time in the category: 1:23:03