



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Panse, Jens

Club: Laufrausch Rudolstadt
Number: 1123

Course: 17.60 km

Expert

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:00:30

Speed: 8.46 km/h

Running performance: 6:51 min/km

Rank in course/Total: 200 (of 528)

Rank in course/Men: 187 (of 449)

Best time in course: 1:17:47

Rank in category: 13(of 28)

Best time in the category: 1:24:41