



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Friedmann, Marco

Club: Roadrunner

Number: 1156

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:59:51

Speed: 8.51 km/h

Running performance: 6:49 min/km

Rank in course/Total: 191 (of 528)

Rank in course/Men: 179 (of 449)

Best time in course: 1:17:47

Rank in category: 38(of 97)

Best time in the category: 1:19:26