



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Spangenberg, Marco

Club: Lauffreunde Schmira
Number: 1513

Course: 17.60 km

Expert

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:01:48

Speed: 8.37 km/h

Running performance: 6:55 min/km

Rank in course/Total: 216 (of 528)

Rank in course/Men: 201 (of 449)

Best time in course: 1:17:47

Rank in category: 30(of 55)

Best time in the category: 1:23:41