



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Fricke, Benjamin

Club: proud athlets
Number: 1268

Course: 17.60 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:01:41

Speed: 8.38 km/h
Running performance: 6:55 min/km

Rank in course/Total: 215 (of 528)

Rank in course/Men: 199 (of 449)

Best time in course: 1:17:47

Rank in category: 42(of 97)

Best time in the category: 1:19:26