



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: 8.68 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