



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Schneider, Heiko**

Club: Train hard with a Smile  
Number: 1345

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:05:22

Speed: 8.42 km/h

Running performance: 7:07 min/km

Rank in course/Total: 247 (of 528)

Rank in course/Men: 228 (of 449)

Best time in course: 1:17:47

Rank in category: 23(of 48)

Best time in the category: 1:32:16