



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Bethke, Steven**

Club: Laufladen Erfurt - OCR Team  
Number: 1491

Course: 17.60 km

Expert

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:02:47

Speed: 8.31 km/h

Running performance: 6:59 min/km

Rank in course/Total: 224 (of 528)

Rank in course/Men: 208 (of 449)

Best time in course: 1:17:47

Rank in category: 32(of 55)

Best time in the category: 1:23:41