



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Zimmer, Helmut

Club: 6UnStopRunners
Number: 1465

Course: 17.60 km
Expert

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:06:14

Speed: 8.37 km/h
Running performance: 7:10 min/km

Rank in course/Total: 256 (of 528)

Rank in course/Men: 236 (of 449)

Best time in course: 1:17:47

Rank in category: 4(of 5)

Best time in the category: 1:43:39