



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Langbein, Rüdiger

Club: Cool Runnings  
Number: 1437

Course: 17.60 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:06:48

Speed: 8.33 km/h  
Running performance: 7:12 min/km

Rank in course/Total: 262 (of 528)

Rank in course/Men: 243 (of 449)

Best time in course: 1:17:47

Rank in category: 28(of 48)

Best time in the category: 1:32:16