



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Pfeufer, Frank

Club: NightRun Coburg RunningTeam
Number: 1553

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:05:48

Speed: 8.11 km/h

Running performance: 7:09 min/km

Rank in course/Total: 252 (of 528)

Rank in course/Men: 232 (of 449)

Best time in course: 1:17:47

Rank in category: 24(of 48)

Best time in the category: 1:32:16