



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Schäfer, Ingo

Club: Cool Runnings
Number: 1436

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:03:35

Speed: 8.25 km/h
Running performance: 7:01 min/km

Rank in course/Total: 231 (of 528)

Rank in course/Men: 214 (of 449)

Best time in course: 1:17:47

Rank in category: 50(of 101)

Best time in the category: 1:23:03