



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Rabe, Thomas

Club: Saalfeld
Number: 1341

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:06:27

Speed: 8.35 km/h
Running performance: 7:11 min/km

Rank in course/Total: 259 (of 528)

Rank in course/Men: 240 (of 449)

Best time in course: 1:17:47

Rank in category: 27(of 48)

Best time in the category: 1:32:16