



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Townson, Martin

Club: Tough enough Saalfeld
Number: 1038

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:11:34

Speed: 7.75 km/h
Running performance: 7:29 min/km

Rank in course/Total: 303 (of 528)

Rank in course/Men: 281 (of 449)

Best time in course: 1:17:47

Rank in category: 33(of 48)

Best time in the category: 1:32:16