



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Steiner, Patrick**

Club: Stiftung Wadentest  
Number: 1209

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:09:03

Speed: 7.90 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 279 (of 528)

Rank in course/Men: 258 (of 449)

Best time in course: 1:17:47

Rank in category: 49(of 97)

Best time in the category: 1:19:26