



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Timpel, Heiko

Club: Quasties
Number: 1264

Course: 17.60 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:07:40

Speed: 8.27 km/h
Running performance: 7:15 min/km

Rank in course/Total: 271 (of 528)

Rank in course/Men: 252 (of 449)

Best time in course: 1:17:47

Rank in category: 30(of 48)

Best time in the category: 1:32:16