



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Kapahnke, Tobias**

Club: Ospelt food GmbH  
Number: 1020

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:11:58

Speed: 8.00 km/h

Running performance: 7:30 min/km

Rank in course/Total: 306 (of 528)

Rank in course/Men: 283 (of 449)

Best time in course: 1:17:47

Rank in category: 68(of 101)

Best time in the category: 1:23:03