



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Jäckel, Frank

Club: Koma Gera OCR
Number: 1182

Course: 17.60 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:11:39

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

Rank in course/Total: 305 (of 528)

Rank in course/Men: 282 (of 449)

Best time in course: 1:17:47

Rank in category: 39(of 55)

Best time in the category: 1:23:41