



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Kreiter, Roland

Club: Muddy Fox - Running Rocks e.V.
Number: 1480

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:43:14

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 61 (of 528)

Rank in course/Men: 58 (of 449)

Best time in course: 1:17:47

Rank in category: 11(of 97)

Best time in the category: 1:19:26