



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Methner, Thomas**

Club: Kernkraft Gera  
Number: 1099

Course: 17.60 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:11:20

Speed: 7.77 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 300 (of 528)

Rank in course/Men: 278 (of 449)

Best time in course: 1:17:47

Rank in category: 66(of 101)

Best time in the category: 1:23:03