



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: 8.04 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