



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Jost, Matthias

Club: Laufftreff Salomé
Number: 1302

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:11:29

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 302 (of 528)

Rank in course/Men: 280 (of 449)

Best time in course: 1:17:47

Rank in category: 67(of 101)

Best time in the category: 1:23:03