



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Krause, Steffen**

Club: Harzer Kreuzritter  
Number: 1172

Course: 17.60 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:10:56

Speed: 7.79 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 295 (of 528)

Rank in course/Men: 273 (of 449)

Best time in course: 1:17:47

Rank in category: 32(of 48)

Best time in the category: 1:32:16