



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Heitmann, Michael

Club: SG Diesdorf/Langenapel  
Number: 1419

Course: 17.60 km

Expert

Category:

Männer (20-29 Jahre)

Total time: 2:12:57

Speed: 7.94 km/h

Running performance: 7:33 min/km

Rank in course/Total: 322 (of 528)

Rank in course/Men: 297 (of 449)

Best time in course: 1:17:47

Rank in category: 72(of 108)

Best time in the category: 1:17:47