



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Hielscher, Danny

Club: CrossTraining e.V.
Number: 1070

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:12:49

Speed: 7.95 km/h

Running performance: 7:33 min/km

Rank in course/Total: 319 (of 528)

Rank in course/Men: 294 (of 449)

Best time in course: 1:17:47

Rank in category: 71(of 101)

Best time in the category: 1:23:03