



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Tiesel, Steffen**

Club: Laufladen Erfurt - OCR Team  
Number: 1494

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:15:11

Speed: 7.81 km/h

Running performance: 7:41 min/km

Rank in course/Total: 343 (of 528)

Rank in course/Men: 315 (of 449)

Best time in course: 1:17:47

Rank in category: 65(of 97)

Best time in the category: 1:19:26