



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Dietrich, Frank

Club: HELBING  
Number: 1410

Course: 17.60 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:13:56

Speed: 7.88 km/h  
Running performance: 7:37 min/km

Rank in course/Total: 331 (of 528)

Rank in course/Men: 304 (of 449)

Best time in course: 1:17:47

Rank in category: 40(of 55)

Best time in the category: 1:23:41