



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Herrmann, Michael**

Club: Bad Berka  
Number: 1543

Course: 17.60 km  
Expert

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:20:53

Speed: 7.50 km/h  
Running performance: 8:00 min/km

Rank in course/Total: 386 (of 528)

Rank in course/Men: 347 (of 449)

Best time in course: 1:17:47

Rank in category: 20(of 28)

Best time in the category: 1:24:41