



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Lapöck, Ulrich

Club: Tiefenbach

Number: 1449

Course: 17.60 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:19:10

Speed: 7.59 km/h

Running performance: 7:55 min/km

Rank in course/Total: 375 (of 528)

Rank in course/Men: 340 (of 449)

Best time in course: 1:17:47

Rank in category: 81(of 101)

Best time in the category: 1:23:03