



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Gerdes, Robert**

Club: CBC Sachsen  
Number: 1329

Course: 17.60 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:21:21

Speed: 7.47 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 392 (of 528)

Rank in course/Men: 353 (of 449)

Best time in course: 1:17:47

Rank in category: 83(of 101)

Best time in the category: 1:23:03