



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Seidel, Stephan

Club: Outdoor Bodymovement
Number: 1581

Course: 17.60 km

Expert

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:21:23

Speed: 7.47 km/h

Running performance: 8:02 min/km

Rank in course/Total: 398 (of 528)

Rank in course/Men: 359 (of 449)

Best time in course: 1:17:47

Rank in category: 23(of 28)

Best time in the category: 1:24:41