



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hering, Frank

Club: Saalfeld  
Number: 1557

Course: 17.60 km  
Expert

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:21:01

Speed: 7.23 km/h  
Running performance: 8:01 min/km

Rank in course/Total: 388 (of 528)

Rank in course/Men: 350 (of 449)

Best time in course: 1:17:47

Rank in category: 22(of 28)

Best time in the category: 1:24:41