



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Keyser, Andreas**

Club: Slow motion runners  
Number: 1184

Course: 17.60 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:24:32

Speed: 7.06 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 406 (of 528)

Rank in course/Men: 362 (of 449)

Best time in course: 1:17:47

Rank in category: 85(of 101)

Best time in the category: 1:23:03