



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Lowis, Markus

Club: Mönchengladbach
Number: 1544

Course: 17.60 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:25:33

Speed: 7.01 km/h
Running performance: 8:16 min/km

Rank in course/Total: 418 (of 528)

Rank in course/Men: 370 (of 449)

Best time in course: 1:17:47

Rank in category: 25(of 28)

Best time in the category: 1:24:41