



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

lick, veit

Club: gotha  
Number: 1011

Course: 17.60 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:28:02

Speed: 7.13 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 435 (of 528)

Rank in course/Men: 381 (of 449)

Best time in course: 1:17:47

Rank in category: 49(of 55)

Best time in the category: 1:23:41