



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Bickel, Robert

Number: 1573

Course: 17.60 km

Expert

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:25:36

Speed: 7.01 km/h

Running performance: 8:16 min/km

Rank in course/Total: 420 (of 528)

Rank in course/Men: 371 (of 449)

Best time in course: 1:17:47

Rank in category: 48(of 55)

Best time in the category: 1:23:41