



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Seidel, Gunnar

Club: Harzer Kreuzritter
Number: 1166

Course: 17.60 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:27:09

Speed: 7.18 km/h
Running performance: 8:22 min/km

Rank in course/Total: 431 (of 528)

Rank in course/Men: 379 (of 449)

Best time in course: 1:17:47

Rank in category: 26(of 28)

Best time in the category: 1:24:41