



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Tänzer, Dirk**

Club: Sport frei!  
Number: 1375

Course: 17.60 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:25:03

Speed: 7.03 km/h  
Running performance: 8:14 min/km

Rank in course/Total: 412 (of 528)

Rank in course/Men: 364 (of 449)

Best time in course: 1:17:47

Rank in category: 86(of 101)

Best time in the category: 1:23:03