



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Heim, Sven

Club: Team Erdinger Alkoholfrei  
Number: 1297

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:26:47

Speed: 7.19 km/h

Running performance: 8:20 min/km

Rank in course/Total: 425 (of 528)

Rank in course/Men: 376 (of 449)

Best time in course: 1:17:47

Rank in category: 38(of 48)

Best time in the category: 1:32:16