



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Lamatsch, Erik

Club: MaTjEsMaFiA
Number: 1174

Course: 17.60 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:28:32

Speed: 7.11 km/h
Running performance: 8:26 min/km

Rank in course/Total: 438 (of 528)

Rank in course/Men: 384 (of 449)

Best time in course: 1:17:47

Rank in category: 80(of 97)

Best time in the category: 1:19:26