



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hermann, Nils

Club: The Ting  
Number: 1452

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:24:08

Speed: 7.33 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 405 (of 528)

Rank in course/Men: 360 (of 449)

Best time in course: 1:17:47

Rank in category: 74(of 97)

Best time in the category: 1:19:26