



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Bettführ, Hendrik

Club: Slow motion runners
Number: 1189

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:24:32

Speed: 7.06 km/h

Running performance: 8:13 min/km

Rank in course/Total: 407 (of 528)

Rank in course/Men: 362 (of 449)

Best time in course: 1:17:47

Rank in category: 75(of 97)

Best time in the category: 1:19:26